RR. 3. 179.
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bs. 162. a. 15. C

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The regiment of life, Whereunto is added a treatise of the pestilence, with the Booke of children, newly corrected and enlarged by Thomas Phaire.

1560

¶ The preface to the boke of children.

ALthough (as I doubt not) euery good man wil enterprete this woorke to none other ende, but to be for the comfort of them that are diseased, and will esteme no lesse of me by whom they profite, than they will be glad to receiue the benefites. Yet forasmuche as it is impossible to auoide the teethe of malicious enuy. I thought it not vnnecessary to preuent the furies of some, whiche are euer gnawing and biting vpon theim that further any godly sciences. To those I protest, that in all my studies I neuer intended nor yet doo entende to satisfie ỹ mindes of any suche pikethankes (which will doo nothinge but detract and iudge other, snuffing at all that offendeth the noses of their mouthe affections, howe soeuer laudable it be otherwais:) But my purpose is here to doo theim good that haue moste nede, that is to saie, children: and to shewe the remedies that god hath created for the vse of man, to distribute in englishe to thē ỹ are vnlearned, part of the treasure that is in other lāguages, to prouoke them

that are of better learuinge, to vtter their knowlege in suche like attemptes: finally to declare that to the vse of many, whiche oughte not to be secrete for lucre of a fewe: and to communicate the fruite of my labours, to them that wil gentilly and thankefully receiue them, whiche if any be so proude or supercilious, that thei immediatly will despise, I shall frendly desire them, with the wordes of Horace: Quod si meliora nouisti, Candidus imparti, finō, his vtere mecū, If they know better, lette vs haue parte: if they doo not, why repine they at me? why condemne they the thinge that thei can not amende? or if they can, why dissimule they their counning? how long wolde they haue the people ignorant? why grutche they phisicke to come forth in Englishe? would they haue no man to knowe but onely they? Or what make they them selues? Marchantes of our liues and deathes, that wee shuld bie our health onely of theim, and at their prices, no good phisicion is of that minde. For yf Galene the prince of this arte beinge a Grecian, wrote in the Greke, kinge Auicene of Arabie in the speache of the Arabiās: If Plinius Celsus, Serenus, and other of the Latines wrote to the people in the Latine tongue: Marsilius Ficinus (who al mē

assent

assent to be singularly learned) disdained not to write in the language of Italy: generally if the entent of all ỹ euer set forth any noble study, haue been to be read, of as many as wold. What reason is it, ỹ we shulde hucher mucher here amonge a fewe, the thing that was made to be common vnto al? Chulke saith: No manne lighteth a candell to couer it with a bushell, but setteth it to serue euery mans nede: And these go about, not onely to couer it when it is lighted, but to quenche it afore it be kyndled (yf they might by malice) whiche as it is a detestable thinge in any godly science: some thinketh in this so necessary an arte, it is exceding damnable and diuelishe, to debarre the fruition of so inestimable benefites, which our heauenly father hath prepared for our cõforte and innumerable vies, wherewith he hathe armed our impotent nature against the assautes of so many sicknesses: wherby his infinite mercy & abundant goodnes is in nothing els more apparantly confessed, by the whiche benefites, as it were with mosse sensible argumẽtes, spoken out of heauen, he cõstraineth vs to thinke vpon our own weaknes, & to knowledge, that in all flesche is nothing but misery, sickines, sorowes, sinne, affliction, and

death, no not so muche strength as by oure own power, to reliue one mebre of our bodies diseased. As for ẏ knowledge of medicines, cōfort of herbes, maintenaunce of health, prosperitie & life, they be his benefites, & procede of him, to the end ẏ we shuld in cōmō helpe one an other, & so liue togither in his lawes & cōmandementes: in the which doing we shall declare our selues to haue worthily emploied thē, & as fruitefull seruaūtes, be liberally rewarded. Otherwise, vndoutedly ẏ talente whiche we haue hiddē shalbe digged vp, & distributed to thē that shall be more diligent: a terrible confusion afore so hie a iustice, and at suche a courte, where no wager of lawe shall be taken, no proctour limited to defende the cause, none exception allowed to reproue the witnes, no councel admitted to qualifie the gloses, ẏ very bare texte shall bee there alleged. Cur non posuisti talentum in fenus? Why hast thou not bestowed my talent to the vauntage. These and suche other examples, haue enforced me beinge oftentimes excercised in the study of phisike, to deriue out of the purest fountaines of thesame facultie, suche holsome remedies, as are most approued, to the consolation of them that are afflicted, as farre as God hathe giuē me

vnderstāding

vnderstanding to perceiue: folowing therin not only the famous and excellēt authours of antiquitie, but also the men of highe learninge nowe of oure daies, as Manardus, Fuchsius, Ruelius, Paul Campegius, Sebastiā, of Austrik, Otho Brunfelsius, Leonclus. &c. wt diuers other for mine opportunitie, not mitting also ꝑ good & sure experimētes ꝑ ar found profitable by ꝑ daily practise. And where as in the regiment of life, which I translated out of the frenche tongue, it hath appeered to some, more curious than needeth, by reasone of the straunge ingredience, whereof it often treateth: Ye shall know that I haue in many places amplified the same, with suche common thinges as may be easily gotten, to satisfie the mindes, of them that were offended: or els considering that there is no money so precious as helth, I wold think no spice to dere, for maintenance ther of. Notwithstanding I hope to see the time, whan the nature of Simples (whiche haue been hitherto incredibly corrupted) shall be reade in Englishe, as in other languages: that is to saie, the perfect declaration of the qualities of herbes, seedes, rootes, trees, and of all commodities that are here amongest vs, shall bee earnestlie and truely declared, in our owne native

death, no not so muche strength as by oure own power, to reliue one mebre of our bodies diseased. As for ẏ knowledge of medicines, cōfort of herbes, maintenaunce of health, prosperitie & life, they be his benefites, & procede of him, to the end ẏ we shuld in cōmō helpe one an other, & so liue togither in his lawes & cōmandementes: in the which doing we shall declare our selues to haue worthily emploied thē, & as fruitefull seruaūtes, be liberally rewarded. Otherwise, vndoutedly ẏ talente whiche we haue hiddē shalbe digged vp, & distributed to thē that shall be more diligent: a terrible confusion afore so hie a iustice, and at suche a courte, where no wager of lawe shall be taken, no proctour limited to defende the cause, none exception allowed to reproue the witnes, no councel admitted to qualifie the gloses, ẏ very bare texte shall bee there alleged. Cur non posuisti talentum in fenus? Why hast thou not bestowed my talent to the vauntage. These and suche other examples, haue enforced me beinge oftentimes excercised in the study of phisike, to deriue out of the purest fountaines of thesame facultie, suche holsome remedies, as are most approued, to the consolation of them that are afflicted, as farre as God hathe giuē me

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spethe, by the grace of god. To the whiche I truste all lerned men (hauinge a zeale to the common wealth) will apply their diligent industries: surely for my part, I shal neuer cease, during my breath, to bestowe my labour to the furtheraunce of it (till it come to passe) euen to the vttermost of my simple power. Thus fare ye well gentill readers.

(.*.)

¶Here beginneth the Regement of life, and first of the nature of mans body.

The humours whyche be in nature, and how they are deuyded.

THe body of man is compacte of foure humours, that is to sayr, bloud Fleume, Choler, and Melancoly, whyche humours are called the sonnes of the Elementes because they be complerioned like the foure Elementes. For lyke as the ayre is hote & moist: so is the bloud hote and moyste. And as fyer is hote and dry: so is cholere hote & dry. And as water is colde and moyste: so is fleume colde and moyst. And as the earth is colde and dry: so melancoly is cold and dry. Whereby it appeareth, that there bee nine complerions. Whereof iiii. be simple, that is to wete hote, colde, moist, and drye, and iiii. complerions compounde: that is, hote and moyst, whych is the complerion of the aire and of bloud. Hote and drye, whyche is the complerion of the fier, and of choler. Colde and moyst, which is the complerion of the water

water and of fleume: and cold and dry, that is the complexion of earth and of melãcholy. The ninth complexion is temperate, nether to hote nor to colde, nor to moyste nor to dry, whych is yet a thynge very seldome seene among men after the phisicions, the sayd foure humours gouerne and rule euery one in his place, and enduce men to be of the complexions folowyng.

¶ The complexions of the Fleumatyke.

FLeume enclyneth a man to be. Welfourmed. A sleaper. Dul of vnderstanding. Full of spattel. Full of colour.

¶ The complexions of the sanguine.

BLoud causeth one to bee. Full of flesshe. Liberall. Amiable, Curteis Mery, Inuentiue. Bolde. Lecherous. Of redde coloure.

¶ The complexions of the Cholerike.

CHo'er causeth a man to bee Pastye. Enuyous. Couetous. Subtil. Cruell. A watcher. Prodigall. Leane, and of yelowe coloure.

The

¶ The complexions of the Melancholyke.

MElancoly maketh one. Solitarye. Softe ſpirited. Fearefull. Heauy Curious. Enuious. Couetous. Blacke of coloure.

Theſe be the foure humours wherof the bodyes are compounded, and euery one of them hath a ſpeciall dominion in reſpect of al the other, according to the age, that is to ſay, from a mans natiuitie, tyll he come to. xxb yeares, the bloud hath moſte power, & from that tyme to the yere of hys age. xxx b. reygneth the choler, for then commeth heat into the vaynes, and the choler begynneth to aryſe and be ſtrōg. Then commeth middle age, and bryngeth forth melancholy, an humoure colde and dry, and hath his indurance til fifti yeares, or therabout, at which time all the humours begynne to dymynyſh and the naturall heate by litteli and lytle doeth abate. And then ſucceedeth old age vnto death, in the which age phlegme hath the principal power and dominion. Wherfore it ſhalbe neceſſary for all that be of that age to comforte their bodyes with ſome naturall heate and meates of good nouriſhunge, as

yolkes of egges potched, good and younge fleshe, wheate bread, and good wyne, and al suche thynges as ingender a good bloude & spirites, wherof we entende (by the sufferãce of god) to declare the more aboundatly here after.

¶ Here foloweth the descripcion of inwarde and outwarde diseases, with the moste holsome and expert remedies for the cure therof, appropriate to euery member throughe out the bodye.

The firste Chapiter, of the sickenesse and remedyes of the hedde.

Hedde ache chaunceth often times of diuers and sondry causes, as of bloud cholere, fleume, or melancholie, or of ventositie, and sometymes of heate of the sunne, or of to great colde of thaire.

Ye may knowe hed ache when it cometh of bloud, for in the face and eyes there appeareth a darke rednes, pricking, and heuines with heate.

Remedye.

Ye must let him bloud on the hedde vein, on that side that the peine is on, then lay vpon the place oyle of roses, Vineger, & rose water

water, or a bagge with roses sprinkled w rose water. And here is to be noted, aswel in this cause as all other, that if his belly be harde and bound, first ye must geue him an easie Clister, or els halfe an ounce of Cassia newly drawe out of the cane, or some other easie laxatiue to prouoke the duetye of the wombe, els all applications of medecines, will be nothyng woorth at all.

One maye knowe head ache that proceedeth of choler, when in the face there is a cleare rednes, enclining somewhat toward yelow, holowines of the eies, and the mouth drye and hote: and some tymes bytternesse, small rest, great heate with sharpe peyne, chiefly on the ryght syde of the head.

Remedye.

Ye muste geue him morne and euen to drynk, syrupe of violettes, or pomegranades with a meane draught of endyue water in a glasse, or of cummyn water sodde and coled againe. And in steade of these syrupes ye may drynke water of endiue, succory, purslane, and Nenuphar myngled together, or one of them by themselfe, two or three daies at euenynge and mornynge. Then geue a dramme of Pillule sine quibus, at night to bedwarde, or aboute mydnyght, and ye day folowyng kepe you in your chaumber. In

stede

stede of those pylles, it is good euerye mor-
nyng to take an houre afore sunne, a medi-
cine to drynke, that shalbe made of halfe an
ounce of Succo rosarum, mixte wyth two
ounces of water of endiue. In stede of the
sayd Succo rosarum, ye may take halfe an
ounce of Diapruris laratiue, and ye muste
take hede in geuing suche purgacions, that
the pacyente be stronge, for if he be weake,
ye may geue hym but the halfe of the sayed
pyles or of the other laratynes. And if in di-
minishing the quantitie of the sayd medici-
nes, it worketh not wyth the pacyente as it
should, it is conuenient to geue hym a com-
mon glister.

¶ An other remedy for the same peyne.

Ye muste lay thereon a lynnē cloth moy-
sted in rose water, plantayne water, morell
water, and vineger, or els take the iuyce of
letence and roses, and a little vineger, and
warme it together, and dyppe therin a lyn-
nen cloth, and laye it to the payne.

¶ An other.

Ye muste take the whytes of .ii. egges wō
rose water, and beate it well together, and
with towe or flare, lay it to ỳ greued place.
Also ye muste shaue hys head, and mylke
theron womans mylke, that nourysheth a
wenche,

wenche, or washe his head with warme wa-
ter, wherin haue bene sodde vine leaues, sa-
ge, floures of water lilies and roses. Also it
is necessarie to washe his feete and legges
with the saide water, so that the pacient ha-
ue no reume: for if there be reumatike mat-
ters, ye ought nether to shaue his hed, wash
his legges, nor to lay any colde thinge or
moist to his head. Ye may know that fleum
is cause of the pein in the head, when ye fele
coldnes with greate heuinesse: specially in ỹ
hinder parte: when one spitteth often, and
hathe his face like sunne brent.

Headache of fleume

Remedy.

Ye must drinke .iii. or .iiii. morninges si-
rupe of sticados with water of fenell, or
strupe of wormewood, with a decoction of
sauge and maioram. Then ye musse purge
the head from the said fleume, with pillule
cochie, and with pilles of agarici, or pillule
auree made with one of the said strupes, fi-
ue in a dramme, and take .iiii. or .v. at night
to bedwardes, or about midnight. Or in ste-
de of those pilles ye may take a potion in the
morninge .v. houres afore meate, made of
halfe an ounce of diacartamy dissolued in
.v. or .iii. ounces of betonie. After that ye
oughte to comforte the head, by wearinge
of a coife, made of double linnen clothe, and

sowed like a cotten quilt, wherin ye muste put floures of camomill, maiorain, cloues, nutmegs, maces, graynes of Paradise and Amamome in pouder, for suche thinges digeste the fleume, so that a purgation be geuen of the said pilles, or of pilles Aggarethy, or pilles of hierapicra, which arnot so laxatiue, as the other are.

After the saide purgation, ye must put in the nose of the pacient, pouder of pellitory of Spain or other, to make him to nese. Also it is good to gargarise his mouth, with water wherin sage hath ben sodden, and then to annoint his head with oyle of lilies, camomill, or of rewe.

Beside this, it is good to gene the patiēt euery morninge to drinke, sagewine with water, to consume the fleume, and to comfort the braine and the sinewes. The saide wine is thus made.

Put a litle bagge full of good sage bruised, in a quart of newe wine, and let it stāde so a night, then wring it out, and vse it. Of the wine of sage the inhabiters of Parise and France vse to drinke after harueste all the winter longe.

Head Ach of Melancholy.

When payne of the head procedeth of melancolie, the pacient feeleth heumes of the head, and hath terrible dreames, with great

care

fare and thought or feare, and hys peyne is specially vpon the left syde.

Remedy.

Take sirupe of borage, hartes tonge, or fumitorye, wyth water of buglosse, & hartes tongue, or wyth the decoction of sage or tyme, for by these sirupes ye shall digest and correct the sayed melancolike humoures, and wythin a whyle the peyne will be released. And if it ceasse not for these medicines, after ye haue vsed .ii. or three. daies one of the sayd sirups, or .ii. or .iii. of them to gether, take a dramme of pilles, half aurea and halfe fine quibus: or els halfe of hiera and halfe of pilles of fumitorye: or in stede of pylles, ye may take in the morning fiue houres afore meate. iii. drammes and an halfe of diasene, tempered in water of borage or hoppes, or in the decoction of sage, likorice, great reysins, and cordial floures and frutes. Head ache cometh of wynde or ventositie, when the pacient thinketh y he heareth sounde or noyse in hys head, & the peyne is flyttering from one place to an other, without heuynes or dyscendyng humoures.

Remedy.

Laye vnto hys head hotte lynnen clothes, and make a bagge of gromell sedes and baye salte dryed together in a pan: so proceede wyth stronger thynges, yf nede require, as in bagges made of maiorame, rose marye, rewe, barberies, and iuniper beries layed to the payned place: or wyth the decoccion of the forsayde thynges, make fomentacion or embrocation vpon hys head.

An other remedye.

Ye muste take oyle of Camomyll, oyle of Dyll or lylyes, and annoynte the head wyth one of them, or wyth .ii. or .iii. or al together. If that helpe not, take oyle of Rue Spyke, and of Castor, and annoynte it therewyth; and adde thereto a lyttle pepper, and mustarde sede, yf ye would haue it sore chafed or hette. Also it is good to drawe vp by the nose, water of houye, the iuyce of maiorame, and of Fenelle, or matised wyth a Nutmigge & Lignumm aloes.

Rasis a greate practicioner among Phisicions sayeth: that whosoeuer ofte tymes putteth into hys nose the iuyce of maiorame, shall neuer bee diseased in the head. I thynke he meaneth of the great

Maiorame.

Maioram.

If peyne of the head come of heate of the sunne, ye must applye to the places diseased, as it is sayed in the remedyes of cholere.

But yf the sayed payne procede of coldnesse of the ayre, then vse it as it is sayd afore in the remedyes of fleume.

Here foloweth a regiment agaynste all dyseases of the heade.

The pacyent that is diseased in the head, whether it be of bloud or of choler, may not drynke wyne, nor eate muche fleshe, whyte meates, nor thinges that geue any great nourishment. But muste bee conteuted to drynke ptisan, barleye water: or iuleppe of roses, and to eate rosted apples, damaske prūes almond milke, hulled barley, and pottage made wyth lettuce, sorell, purselane, in broth of peason, or with a chicken or veale if the pacient be feble.

When payne procedeth of a colde humoure, the pacyente oughte to drynke no wyne in three of the fyrste dayes, but to drynke onely pennye ale, or suche smalle

drynke, for although the wyne bee very comfortable, as concernynge naturall heate, yet it is contrary and hurtefull vnto the spirites anymall of the brayne and also of the synewes.

And the patyente oughte what payne soeuer it bee of the heade, to forbeare all vaporous meates, as garlyke, onyons, lekes, pease, beanes, nuttes, mylke meates, spyces, mustarde, great colewortes, salte meates, and meates of yll digestion. Also he muste abstayne from slepe of the daye, and after supper by the space of two houres.

Trauayle of the mynde is verye contrarye, beecause of the commotion that happeneth vnto the lyuely spirites, which are instrumentes of vnderstandyng, as Auicen that noble Phisician sayeth in the chapiter de soda temporali. Nihil est adeo conueniens sobe temporali, sicut tranquilitas et dimissio totius quod commouet sicut sunt fortes cogitationes. &c. There is nothyng that is so conuenient for the meigrym as tranquylytye and reste, and let all thynges passe that moue the vertue anymall, as great musynges and al labour

of

of the ſpirytes. And chyefly one ought after dynner to kepe hym from all thynges that trouble the memorye as ſtudeynge, readyng, wrytyng, and other lyke.

And for the better underſtanding of the ſyckenes chaunceyng in the heade, ye ſhall knowe, that ſome tyme it chanceth becauſe of other dyſeaſed members as of the ſtomake, or of the mother of the reumes, of the liuer, or of the ſplene, and not of any cauſe in the head it ſelfe. Therfore ye ought to cure ſuch ſyckenes by helping of theſame members, as it ſhalbe ſhewed in the chapiters folowyng.

And ye may knowe, that the head ache commeth of dyſeaſes of the ſtomake when the pacyent hath greate peyne at the ſtomake. Of the mother, when the woman feleth great payne in her belly.

Of the reynes, when there is a greate peyne in the backe. Of the ſplene, when he feleth peyne and heuyneſſe there aboute vnder the lefte ſyde. Of the lyuer, when the peyne is on the ryghte ſyde, aboute the liuer, whyche is beneth the rybbes.

Remedies appropriate to the head, of what cauſe ſoeuer the pein be.

TAke an handful of Betony, an hādfull of Camomyle, and an handeful of veruayne leaues pyked, stāps them and seeth them in blacke worte, or in ale for lacke of it, and in the latter ende of the sething, put to it a lyttle comin brayed, the pouder of a hartes horne, and the yolkes of two egges, and saffron a litle, stirre them wel about, and lay a plaister hotte ouer all hys foreheade and temples. This is an excellēt remedy also for the meigrime. It shall perce the better if ye adde a lyttle vineger.

An other.

Make a plaister of beane floure, lineseede, and oyle of Camomile, or in lacke of it, goose greese or duckes grece, and rubbe the place with Aqua vite, and after lay the plaister hote vpon it.

An other.

Take a sponnefull of mustarde sede, and an other of baie beries, make them in pouder, and stampe them with a handeful of earth wormes, splite and scraped from their earth, and a litle oile of Roses, or of Camomile, or Capones grece, and laye it on the griefe.

Also

Also it is good to take the iuce of Iuie leaues mixte with oile, and vineger, and to rubbe therewyth your temples, and your nosethrilles.

Also the chestwormes that are founde betwene the barkes of trees, whyche wyll tourne themselues together like a beade when they be touched, if they be taken and soddē in oyle, it maketh a singuler oyntemente for the megrime.

The seconde Chapiter, howe to cure dyseases chauucing in the face.

Firste as touching a disease called Gurta rosacea, or copper face in Englishe, it is an excessiue rednesse aboute the nose, or other places of the face commynge of brente humours or of salte fleume, which cannot be holpen, if it bee rooted and olde.

Remedye for the same if it be curable.

YE must geue hym a purgaciō, as is sayed in the peyne of the head, commyng of the cholere then dyppe lynnen clothes in Alume water, whyche shalbee made thus. Take a pounde of Alume glasse, the iuice of Purcelane, of Plantaine, and veriuice of grape, or crabbes, of eche a pynte and a halfe, wyth the whytes of twentye egges, and beate them well together with ỳ sayed iuice, then myxt all together, distill it in a common stillatorye, and keepe the water for the vse agaynste all pymples, scurfes, wheales, chafynges, and heates ỳ chaunce in the skynne The clothes dypte as is aforesayed, must be layed to the rednes, and oftentymes renued with other fresh clouts dypped in the same.

Another remedye.

Take lytarge of syluer, and Brymstone, of eche lyke muche, and seethe them in rose water and vyneger, and then wyth a lynnen cloute wette in the sayed vyneger, lay it to the sore.

Remedye

Remedy to pallyse the coppred face that is vncurable

Make a bath with the floures of camomil, violets, Roses, and flower of water lillies, the anoint ỳ place with vnguentum album, Camphorarum, and mirt: that ointmente with a litle Yelow Brimstone, & quicksiluer killed with fasting spicle, and anoint the place withal:

A water for the same.

A water called lac virginis is very good and Rose water mirte with Sulphur, oile of Tartare, and oile of wheate. Also these thinges are good for Tetters, & other ruggednesse of the skinne. The said lac virginis clarifieth the face, and dryeth vp moist pimples, and taketh awaie frekles of ỳ visage, & is thus made. Take iii. ounces of Litarge of siluer fine poudred, half a pint of good whit vinegre, mirt them together and distille thē by filtre, or through a litle bag, or by a pece of cloth. Then take of ỳ same water, and mingle it with water of salte, made with one oūce of salt poudred and halfe a pound of rayn water, or well water, and mingle these waters togither, & it wil be white like milke, and with this

rubbe

rubbe the corrupt place. Some adde a litle ceruse with the litarge, which is good for all rednes of the face.

Here followeth a generall dyet for all copperous facts.

Abstain from all salt thinges, spiced, fried meates, and rosted meates. Also from drinkinge of wine, for it is very euill. Also onions, mustard, and garlicke, are vert nought. In stede of which, ye must take purslam, sorell, lettuce, hoppes and borage, with succory or endiue, in porage, or otherwise. Also it is necessarye to be laxatiue, and in sleping, to lay youre head hie.

For rednes of the face that is not copperosed.

Take a pinte of goates milke, the crūmes of one white lofe hote, the white of fire egges, tamisere two drāmes, and the iuice of fire citrons: myrt all these togither with the said milke, then take all the three kindes of plātain, and put them in the still vnder the said drugges, and after it an other head of the same iii. sortes of plantain, and distill the with an easy fire as ye woulde distil rose water,

and

and kepe it in a glasse vesell. And after. xv daies take a white linnen cloth, and dip in the said water, and lay it to the rednes.

Another for the same.

Water of lilies stilled, with the bloude of an oxe, and a little camphere is verye good.

For chopped or scabby lippes.

Anoint them with vnguentum album camphoratū, and if there be any corrupte bloud or matter, ye muste washe the place with water of plantain, wherin hath been sodde a litle alum, afore ye put on the said ointment.

For the same.

Unguentum de tutia and oile of yolkes of egges, be veri good for it. Also it is good to washe the place with plantain water, and barly water together.

For cankers, vlceres, and Noli me tangere.

For as muche as Noly me tangere chanceth often in the nose, or about the face, beginninge of a litle hard and rounde kernell or knobbe, and full of paine, declyning towarde a pale and leady couloure, ye may iudge that disease very peri-

ry perilous, not withstandinge it is good to annoynte it as hereafter foloweth, and also to applye thereto other remedies, as thus.

Take vnguentum album two or three ounces, the iuyce of plantaine and nighte shade, of eche halfe an ounce. Tutie the weighte of halfe a crowne, mingle them to gether, and make an oyntmente whiche is good for the same disease.

For wormes in the face.

ALthough that wormes in ỹ face mai not be had out, but with great difficultie: and by long proces, because of the cold humour, wherof thei come, neuertheles, forasmuch as often times thei happen vnto poore folkes, here shalbe recited a receipt proued for the same disease, whiche is an ointmente of a singuler operacion: and is thus made.

Take the leaues and rotes of lekes, iuyce them altogether, and take thereof a pinte and a halfe, and put it in a glasse: with an ounce of pouder of pellitory, and a scruple of verdegrece, and stirre them altogether, and euery daie bath the saide wormes and wheales, with cotten moisted in the saide iuyce,

iuyce, and stirre it often in the glasse: this is good also for wormes in any other mēbers, and breding in the sicknes called in Fraunce, the kinges euill.

A purgacyon whyche ye oughte to take before the sayd bathynge.

TAke half a dramme of good turbith and a scruple of giger, half an oūce of suger, & a litle white wine, mixte, altogether, and drinke it in the mornyng twise a wicke warme, and renue it euery thre wekes.

For an vlcered face through wormes.

Ye must first mundifye the dead fleshe with vnguētum Egiptiacum, or the pouder called precipitatus, and for the perfect curacion, ye must drie it wel, wherefore it is good to wash the place often with alum water, and put therin linte, and if there be great moistenes at the tyme of desiccation ye must dippe the same linte in vnguentum apostolorum or ceraseos, with a litle of the ointmente that folowethe, whiche ye may safely apply from the beginning to the ende of the cure, for it hathe vertue to

tue to clense and incarnate, with gentle mundificacion and dryng.

A synguler oyntment for wormes that matter

TAke oile of Lillies, oyle of linsede ana, ounces, iii. oile of Roses, oyle of Pirtilles, ana, ounces. ii. Litarge of golde and silver, and redde lead, ana, one ounce diaquilon white with gummes. iiii. ounces, Goates tallowe, Hogges greece, of eche. ii. ounces and an half, blacke pitch and colophonie, of eche two ounces, of the iuyce of houndstong. iiii. ounces. Seeth altogether till thei be blacke, and the iuyce be clene consumed, then straine it through a thicke canuase, and after seeth it agayne till it bee exceding blacke in colour, and then adde to it cleare turpentine. iii. ounces gumme opponax. ii. ounces and an halfe, white ware as muche as shall suffyse to make a plaister not ouer hard, and put the turpentine and oppoponax in, when ye take it from the fire. This is an excellent plaister also both for wounded and vlcers.

For the same.

It is verye good to laye vpon them the herbe called houndstong stamped with a

lyke honye.

Regemente or diete for the same sickenes.

The patiente in all diseases of the face muste endure hunger as much as is possible, & eate not much at once. Also he muste holde his head vpright, and sleepe not on hys knees, nor elbowes, nor with his face bowed down. Also he must forbeare much laughyng, speakinge, and great anger.

For the eyes.

¶ Hereafter folowith diuers medicines for the eyes, whiche are the windowes of the minde, for bothe ioye and anger, and the moste of oure affection, are seen and openlye knowen through them, and they are ordained and made to lighten al the body, wherunto nature hath grue browes and eye liddes, to defende them and keepe them in safetie, and the better to resiste thinges contrary and hurtfull vnto them.

Yet notwithstandinge, beside many other chaunces, there happeneth sometimes a debilitie in the sight, which must be holpen as hereafter folowith.

Take fenel, verueine, celidone, rue, eie brights and roses, of euerye one of them a

lyke

like muche, and distyl them as ye wolde distill rose water, and vse a litle therof in your eyes, both in the morning, and when ye goe to bed.

A water proued to clarifye the dymnesse of the sighte.

Take the iuyce of fenell, of celidonie, rue and eyebright, of eche two ounces, honie an ounce and an halfe, aloes, turie, and sarcocolle, of eche halfe an ounce, the gal of a capon, chicke, or cocke two drammes: Nutmigges, cloues, and Saffron, of eche a dramme, sugercandie sixe drãmes, put all in a limbicke of glasse, and distill it. And of this water put in your eyes once in the daye. And yf ye could get the liuer of a hie goate, and myxe with the said thinges in the distillacion, that water will bee of muche greater vertue and almost without comparison.

For the same.

Ye must vse every daye to eate Nutmigges, and to take once in a wicke, a myrabolane condite.

For the same.

Take a Pie and burne her, and beate her

her to pouder, and mingle it with fenell water, and put it in your eyes. Also water of yonge Pyes ſtylled, is very good. Likewyſe water of rotten apples, put twoo or three droppes in the eyes helpethe veryy muche.

A ſinguler water for diſeaſes in the eies: and to clarifie the ſyghte.

Take the grene walnuttes, huſkes and all from the tree, wyth a fewe walnut leaues, and diſtill therof a water to drop with in your eies.

Pylles good for the ſyghte.

The pylles fine quibus, allwageth wich troſciſkes of agaryke, and pilule lucis, are excellente good to pourge the brayne, and comfort the ſyghte.

For peyne of the eies.

Some tymes peyne of the iyes commeth of bloud, and then the veynes of the eyes are redde and ſwollen, wherfore it is conuenyente to be lette bloud of the head vnder the lyde where the peyne is.

For bloudſhotten eyes.

The bloud of a Stockedoue, or in lacke

of it an other Doue or pigiõ, dropped a lit-
tle in the eie, and a wette cloute there of
layed vpon the same, heale the bloudshottē
eyes whether it bee of stroke, or any other
cause.

Some tyme the sayed peyne commeth
of Cholere, and then the pacyente fee-
lethe greate heate, sharpe pryckynge, and
muche peine, and commonly there appe-
reth no gummie in the eies, and if it dooe,
it is yelowe. Therefore ye ought to gyue
hym a purgacyon purgynge Cholere, as
hath been sayed in the remedye of the
hedde, prouydynge of the cause of Cho-
lere.

For swelling of the eyes.

℞. Take a Quince and seeth it in water
tyll it bee softe, then pare it and bruse it,
and myre it with the yolke of an egge, and
the crommes of wheaten or whyte breads
steped in the saied water, and putte therto
a little womannes milke, and two penye
weyghte of Saffron, braye them all toge-
ther, and laye it ouer the forehedde and
the eies. Sometimes such peines chance

because

beecause of fleume, and then the pacyent feleth greate heuynes in his eies, with aboundaunce of gummie matter, or water descending into the eies. And in this case, ye muste purge the fleume, as it hath ben saied in the remedie of the hedde, greued by the excesse of fleume.

To resolue the gumme, ye shall vse to washe your eies often times with the iuice of housleke, otherwise called Senegrene. And sometimes thesame pein commeth beecause of ventositie or wynde, and then the pacyente feeleth suche peines, as if one beate on his eare with an hammer, for whyche it is good to make a decoccion of camomile flowers, mellilote, and fenell seede, in water and white wine, and there in wette a fower double lynnen clothe, and the licoure well pressed oute, laye it often vpon the eie.

Other whiles there chaunceth peine of the eies, beecause of exterioure thinges, as of winde, duste, or heate of the Sunne, and then it is meete to laye thereto womans mylke, well beaten, wyth the white of an egge.

And sometyme the sayd peyne commeth by percussion or strykynge, and then ye must droppe in the eye, of the blood of a pigeons wyng, or of a partriche, which blod hath lyke vertue to take awaye spottes, markes, and rednes of the eies.

For very greate peyne of the eyes.

Take an ounce and an halfe of oyle of Roses, the yolke of an egge, and a quarter of an ounce of barlye floure, and a lyttle Saffron, mire all together, and put it betwene two lynnen clothes, and laye it to the payne.

An other.

Take of crummes of wheaten breade whyte, an ounce, and seeth it in mighlhad or mozell water, then mire wyth the sayed bread twoo yolkes of egges, oyle of roses and camomyll, of eche an ounce & an halfe muscilage, of linesede an ounce, and vse it as is afozesayed.

An other.

Take fyve leaues of henbane, and rotte them, then beate them very well in a mozter, and laye them to the payne.

For rednes of the eyes.

In

In the beginning of the rednes lay vpon the eyes lowe, dipped in the whyte of egges, but let the whites be well beaten first wt rose water, or wyth plātayn water.

An other.

Take rodde roses, and seeth them, and let them be set warme to your eye. Thys taketh away spottes of bloud, that some tyme chaunceth in the eyes. Also it is good for all diseases of the eyes. And it is good for rednes of the eyes, that commethe by strykyng or any such violence. If at anye tyme there happen a spotte or blemyshe in the eie by a stroke, ye must lay to it by and by lowe, wet it in rose water, & in whites of egges, and after that the peyne be mitigate, ye must lay a playster vpon the eye made of a raw egge. Barly floure, and the iuice or muscilage of mallowes, and then if the eye be not holpen of the sayed bloud, ye must lay to it a playster both dissolutiue defensiue, and partly appeasyng the peine whych must be made of whete floure, the iuice of Mallowes, Wintes, and smalache and the yolke of an egge.

Of hardenelle that hath been long in the eye.

Take a scruple of aloes, succotrin, and melte it in water of celidonie at the fier, then receiue the fume of it and afterwarde washe the eie with fenell water.

An other.

Take pouder of cumine mixte with ware like a plaister and laie it vppon the eie.

An other.

Take roses, sage, rue, celedonie, of eche a like muche, with a litle salte, and distill a water, and putte thereof a drop or two in your eie euening and morning. In stede of that water, it is good to take iuice of Verbeine, rue, and a litle rose water.

For all rednesse of the eies.

Take the bignesse of a nutte of whyte coperose, and a scruple of veros, and pouder it, and mixe it with a glasse ful of well water, then putte two or three droppes in your eies.

For the same.

Water of strawberies made and putte in the eie is good.

A singuler pouder that dryethe and taketh away the rednes of the eies.

Take

Take tutie preparate an ounce, and timonie halfe an ounce, perles. ii. drammes, red coral a dramme and an halfe, poudre all these thynges veri fine, and kepe them in a boxe of tinne and vse it.

For to stoppe watring of the eyes.

Make a playster of pouder of Mastike, fyne frankensence, bole armoniake, and gumme dragagante wyth whytes of egges mixt together, and lay to the forehead and temples. Also it is good to set ventoses on ẏ nape of the neck. Also it is good to make a colirie to put into ẏ eies as foloweth. Take Tutie preparat, & the stone called Lapis Hematites, of eche a dram, aloes halfe a dram, perles & camphore, of ech a Scruple, pouder them all very fyne, and mixe them in thre ounces of water, distilled of the knops of roses, and therof make a collirie.

Also for to stoppe all humours descendyng to the eyes, these thynges aforesayed are verye good mixte wyth rayne water, wherein olibanum or frankenscence hath been sodden.

For webbes of the eye.

IT maye be easilye holpen in younge folkes, but in aged persons it is very hard. And in the begynnyng, ye must mollifie them with a decoccion of the flowers of camomil, mellylote, and coole leaues, receyuyng the fume of the sayd decoccyon wythin the eyes, and then put therin a litle pouder made with sugar candye, sal gemme, and egges shelles burnte, and afterwarde distill into them womans milke wyth the decoccion of fenugreke.

An other singuler receipth for webbes in the eyes.

Take snayles wyth the shelles on, and washe them eyghte tymes, and distyll thē in a common stillatorye, then take hares galles, redde corall, and suger candy, wyth the sayd water, distill them agayne, & put euery morynynge and euening a droppe in your eye.

An other water.

Thys water is made of whyte coperose sugercandye, and rose water, wᵭ whytes of egges that are sodden harde, and streyned throughe a lynnē cloth, and put into your eye, after dynner, and all nighte to bedwarde.

warde.

Regiment for thē that haue any sore eyes.

Ye must alwaye kepe youre bellye lose and abstayne from fyer, smoke, wind, dust and ouer hote or colde ayre, and from wepyng and long readinge of a small letter, from ouer longe watchyng, ouer muche drynkyng of wyne, and eatyng late, for all these are very noysome to the eyes & sight. Also all euaporatiue thynges, as onyons, leekes, garlyke, mustarde, pease, and beanes, are very daungerous. Ye muste kepe your fete cleane and forbeare ẏ day sleepe. Behold grene thynges, clere water, precious stones: and to kepe you frō longe holdyng down your face, succoureth ẏ syghte verye much, and is very good for the eies. Likewise vse meates of good and quicke digestion, as to eate fenell often, and after meate, take coriander comfites, prepared, and drinke not after them. But aboue all kepe awaye your handes, for the rubbyng of them maketh them worse & worse

Remedye for diseases of the eares.

Take

TAke oyle of roses & a litle vineger, and put it into the eare, than make a bagge of camomill and melilote, and lay it therunto.

For noise and sounding of the eares.

Take pillule cochie, or fetide, because ỳ sounde procedeth of ventosite or of fleume, and before ye take the sayde pylles, it is good to drynke three ounces of fenell water, twoo houres before meate, fower or fyue dayes. After the operacion of the saide pilles, ye must dippe a tente in oile of tue castor, or of salte, with the juyce of lekes, and often in the mornyng fastyng, to holde his eare ouer the warme decoccion of Maiorane, Rue, wormwood, Camomill, and Melilote.

For paine in the eares.

Goose greece with a litle hony swageth the paines of the eares.

Also the Chestwornes sodden in oyle of roses vpon hote ashes in the rynde of a Pomegranate, and dropped in the eares.

Item oile of almondes, spectallye the bitter almondes hote.

Item if there be water in the eares it shalbe had out with a litle goose grece, & the iuyce of onions.

Also yerth wormes with gose grese sodden, is good for payne in the eares.

Item an Adders hame sodden in wine, and the eare bathed in it, and a litle therof put into the payne is good to take awaye the griefe, and it helpeth also to the eares, that are runnyng with stinking matter & corrupcion, but in that case ye must haue boiled in the wine a litle mirre.

Regiment.

The pacient must eate and drinke litle and sweate in bathes, or whote houses, & sometymes to prouoke nesyng. He muste forbeare garlike, onions, leekes, pease, beanes, and nuttes, nor drinke wine without water.

For deafnes.

Sometyme there chaunceth deafenesse by wynde, whiche is in the eare, the whiche causeth tynckling in the heade, and then one muste putte a lytle aloes in hote water or in whyte wyne, and distyll into the eare.

Then putte a litle euphorbium in pou-

der into his nose, to make him to nese and auoyde almuche humours as ye can.

Some time deafenes cōmeth of fleume whiche when it is olde, is vncurable. But when it beginneth, it muste bee purged as hath been sayed in the remedy of the sound of the eares. Thē take pouder of baiberies and seeth it in oyle of lilies, & put it warme into your eare, and a lytle blacke wolle to stop the eare wyth, that no ayre enter.

Remedy for stinking of the nose.

TAke cloanes, ginger, and calamynte of eche a like, and seeth them in whit wyne and therwyth washe thy nose. After put in pouder of piretrum to pronoke you to nese. And if there be replecion of fleym in ẏ head first ye must purge it with pilles of cochie, or of hiera picra. Also if the cause of stinking com from the stomake first helpe the stomake, as shal be sayed hereafter in the remedies of the stomake.

Medicines for bledynge at the nose.

TAke a dramme of bole armoniake washed, and nitre it in rose water

or

or plantaine water, and drinke it. Then binde the extreme partes as harde as ye may, and after make a tente of greke nettles, and put it into his nose. Moreouer, it is good for the pacient to hold in his hand egrimony, with the roote and al, & drinke the iuice of knotgrasse, and wyth oute doubte the bloude shall staunche anone.

For the same.

Sette a boring glasse vpon hys lyuer, if the bloud come from the ryghte side, or on the splene if he blede on the left side, and lay vnto the stones a good quantite of tow or lynnē dypped in vineger, and for a woman, laye it vpon her brestes.

An other singuler medecine for to staunche bloud, and it is a thig erperte of al the good practicioners.

Take swines dounge, euen as hote as ye can haue it from the swine, and when ye haue cleansed the congeled bloud out of ỳ nose, wringe it through a cloute, and let ỳ iuice perce into the syde, from whence the bloud commeth, and by the grace of god ye shall see it staunche anone. Moreouer it is good to bynde the fete and armes as hard

as

as can be suffred with a corde or a lace, the stronger thei be bounde, the better.

Remedy for the tooth ache.

Payne of the teeth (as Galene saith) amongest other paynes that ar not mortall, is the most cruel and grieuous of them all. It maye come dyuerse waies, of a colde, or hote cause. If it come of a hote cause, his gummes are redde and very hote, wherfore it is very good to hold in his mouth water of cãphore, or to seeth a litle camphore in vineger, and hold it in his mouth.

An other singuler remedy that taketh away al kindes of toothe ache, specially if it come of a hoate cause.

Take henbane rootes, and seeth them in vineger and rose water, and put the decoccion in your mouth.

Remedy for tooth ache that cometh of colde causes.

Forasmuch as in such cases oftẽtymes there distilleth aboũdance of water into ẽ mouth, purge it with pillule cochie, & afterwardes kepe in youre mouthe warme wine, wherin hath bene sodden pellitory, mintes and reiue.

An

An other remedy for the same.

Take sage, pellitory, and seeth them in vineger, and keeps it in youre mouthe as hote as ye may suffer.

Another for the same.

Take pellitory, stauesacre, and ỳ three kyndes of pepper, of eche one part, macis, galingale, halfe part of the other, make a pouder, and with a litle white wine rubbe the teeth, and then lay on the forsaid pouder where the payne is.

An other.

Take the middle barke of an elder, salt, and pepper, of eche a like muche: stampe them together, and laye it to the sore teeth.

An other remedy.

Take a litle cotton, and dippe it in vyle of spike, then put it on the sore tooth. If the tooth be hollowe, it is good to drawe it out: for it will euery daye waste whatsoeuer ye doe vnto it.

To make the teeth white.

Take whyte marble, cuttle bone, white coral, sal gemme, bailalt, mastik, ỳ pilles of a citron, of eche like much, make them in very fine pouder, ỳ rubb ỳ teeth therwith euery morning.

And

And afterwarde washe your mouth with white wine, wherein hath been sodden a litle camomill and dill.

For the same.

Take vineger of squilles and dippe a litle piece of cloth in it, and rub the teethe and gummes withall. The sayed vineger fastneth the gummes, comforteth the rotes of the teth, and maketh a swete breth.

An other remedye to make the teeth white.

Distill a water in a lembike of two partes of sall gemme, and the third part of alume, and rub ỳ teeth with a linnen cloute dipped in the same.

To take away stinking of the mouthe.

Ye must wash hys mouth wyth water and vineger, and chew maskyke a good whyle, and then washe thy mouth with the decorcion of anise seedes, mintes, and cloues sodden in wyne. If the stinking of the mouth commeth of a rotte toothe, the beste is to haue it drawen out.

Regimente for tooth ache, and stynkynge of the mouth.

Ye muste washe youre mouth beefore and after meate wyth warme water, for to cleanse the mouth, and to purge the humoures from the gummes, whiche dyscende oute of the head. It is good euerye morninge fastinge, to washe your mouth and to rubbe the teeth wyth a sage leafe, pilles of cytrone, or wyth pouder made of cloaues and nutmygges: ye muste forbere lettuce, rawe fruite, al tarte meates, and ẏ chewyng of harde thynges. Also al meates of euil digestion, and vomiting.

The thirde chapter treateth of remedies for diseases of the breaste.

FIrste for hoarsnes of the voice that makethe a manne to speake lowe and wyth greate payne, ye must auoyde all eger, salte, and sharpe thynges, and slepynge by daye, to muche watching, greate colde, muche speakyng, and to loud crying. All swete thynges are verye good as apples sodden with suger great raisins figges, almonde mylke, hulled barly, pignolate penedies, whyte pylles, sugercandy and the iuice of likorice.

Remedye for a hoarce voice.

Take the broath of redde cole worte and mingle with it. vii. or. viii. penidies, & an ounce of sirupe of maiden heare, and geue vnto the paciente, when he goethe to bedde.

An other medicine.

Take diayris simple, and eate a loseng of the same at morne, and also at nyghte.

An other remedye for hoarsnes of a long continuance.

Take reisyns, fygges, suger, cinamom and cloues of euery one a litle. Seth them in good wyne, of the whyche ye shall geue to drynke mornyng and euenynge. ii. ounces at a tyme, excepte he haue a feuer.

For the same.

It is good to take mornynge and euening, a sponnefull of the syrupe of iuiubes mixte with a roote of liquorice, in maner of a loc. If wyth the sayed horcenesse, there descende aboundaunce of water to the mouth, it is good to make an electuarye, of halfe Diairis, & halfe diadragagantum and to vse it first and laste, after presumig wyth stoupes of flare, fumyng wyth frankinsence, mastike, sandrake, and storax Calamite, layed vpon the head warme.

Remedye

Remedy for the cough.

Take Isope, great Raysyns and Figges, of eche a lytle handefull, Licoryce one ounce, boyle them in water, tyll the thyrde parte be wasted, then geue it hym to drynke twyse a day, in the mornyng. ii. houres before meate, and at nyghte one houre before supper and immediatly after it is good to eate a losenge of Diayris, or diapenidion.

If ye wil haue it stronger, put to them in the decoccion a litle Colewortes, anise, and fenell, wyth the sedes of nettelles, of eche two drammes.

An other remedye.

Take sugercandie, whyte pylles diayris, & Diadragant, of euery one, one ounce liquorice two drāmes, make a pouder, and lette hym eate thereof a sponnefull, mornynge and eueninge and drynke after it three ounces of water of Isope, or of Scabyousse, with suger, and wythoute Suger.

In steade of those waters, ye maye take the broth of redde Colewortes without Salte.

An other remedy.

Take sirupe of Liquirice, and of Isope and drynke it euen and morne with a ptisane, or one of the same sirupes, with a sponnefull of ptisane is good.

An other.

Take pouder of Diazis simple, and Liquirice, of ech a dramme weight and with fower ounces of suger make an electuary to be eaten first and last and after meate.

An other.

It is good to take locsanum, wyth a sticke of Liquirice, at the cougbynge, and after meate. And there is an other loc called loc de pino, as good at all tymes as the other is. And it is godd to annoynte the breaste mornynge and euenynge, wyth oyle of lylies, swete almondes, and fay butter wythout salte.

Here is to be noted, that commonly the coughe procedethe of colde humours that greuethe the lunges, and for that cause all thynges the whyche bee hotte, swete, and doe prouoke spittle, are very good and halsome for thesame, as be the thynges afore rehearsed.

And some tyme it procedethe of heate, and

and then it is knowen by the greate alteracion or feuer, and then ye muſt forbidde the pacyente drynkyng of all wynes, and to vſe thynges that hereafter folowyth.

Remedye agaynſte the cough, comyng of a hotte cauſe.

TAke ſirupe of violettes and of iubes, and drynke thereof mornyng and euenyng wyth a litle ptiſane ſodden.

For the ſame.

It is good to take fyrſte and laſte, a lofenge of diadragagante, and afterward to drynke a draught of good ptiſane.

A good receipte agaynſt the coughe.

Take the roote of Enula campania, Horehounde, Holihocke, of eche a lyke muche, ſeeth them altogether in whyte wyne, with a doſen of fatte fygges, and a litle Liquirice, drynke of it a draught, euery day twyſe.

Regiment or diet for them that haue the coughe.

Ye muſt abſtaine frō vineger, veriuice, al ſalt meates, frutes, and raw herbes, fiſh lumons, groſſe meates, & to much repleciō.

Also ye maye drynke no wyne betweene meales, and beware of day slepe, and specially after meate.

The wynde, the colde, and muche talkyng, are very unnaturall for the coughe, and so is all labour aswell of the body as of the mynde, and sometyme it is good to holde your wynde a litle, and lette it goe agayne.

Remedies agaynste shortnesse of the wynde.

Shortnesse of the wynde proceedeth oftetymes of fleume, that is tough and clammy the, hanging upon the lunges & stoppynge the condites of the same, beeyng in the holownes of the brest or of catarrous humours that droppeth downe into the lunges, and thereby commeth straytnesse in drawyng of the breth, whyche is called of phisitions, dispnoea, or asthma. And when the patyente can not bende hys necke down for dread of suffocation, it is called orthopnoea. For eurye one of these diseases, there bee berye holsome medycynes declared here afore.

The receite for Asthma.

Take

Take an ounce of greate raſins picked from the kernels, two fygges, the meate of a date, drye ylope, mayden heare hyſſop rice, and the lunges of a foxe waſhed in wyne, water of ſcabyous, of euery one a dramme, pendies .ii. ounces with ſirupe of lykoryce, let all be incorporated, and make a loc to ete a good whyle after meate, with a ſticke of lukorice.

An other receite.

Take horehounde, mayden heare, and iſope, of euery one a handefull, lykoryce, dates, fygges, ſeede of ſmallache, and of fenell, of euery one halfe an ounce: boyle them in a pynte of water and an halfe, tyll the thyrde parte be conſumed.

After geue hym the ſayed decoccyon to drynke a good draughte euery morynynge two houres afore meate. And before it, or incontynently after it, it is good to take aſmuche as a cheſnut of conſerue of coolewoortes, or a loſenge of diayſopi, or Diaſiris Salomonis. Alſo loc de pulmone vulpis, is exceadyng good for the ſayed dyſeaſe.

An oyntemente for ſhortnes of breath.

Take two ounces of oyle of swete almondes, one of may butter unsalted, a lytle saffron, and of newe ware, and make an oyntemente, wherewyth ye shall anoynte the breaste mozne and euen.

Regimente.

Considerynge the sayed dysease commeth of to greate aboundaunce of fleume in the lunges, it is good to obserue the thinges, that are shewed in the remedies of the roughe. And to dwell in a drye place, farre from water pooles, oz maryshes, and to sleepe in a moiste chamber, in the whyche ye muste haue a fyer of wood wout smoke The bread muste ber lyghte and pleasaut foz soure breade, broune breade, and crustes, are to bee auoyded. Also ye may eate no Beale, Beanes, nuttes, chestenuttes, noz any thyng that stoppeth oz engendrethe wynd. Fyshe rosted vpon the gridiron may well bee suffered, foz they be not so euyll. Hulled barleye, ryse, brothe of colewoortes, and broth of an olde cocke, wyth Isope and Saffron, ar specyall good meate foz the lunges, and so are fat figges raysyns of Alican, dates, graynes of the pine, pignolate, and swete almondes.

Greate

Great mouinges and chafinges, and sodaine labour is very euill, yet moderate exercise afore meate is good and profytable.

Kennyng, anger, and suche other passions that enflame the heart, are in thys case vtterly to be auoided.

Remedies for the pthisicke.

PThisis is an vlceracion of the longes, by the whiche all the body falleth into consumpcion, in such wise that it wasteth all saue the skinne. Ye may know him that hath a pthisicke, for from daye to daye he waxeth euer leaner and drier, and his heere falleth, and hath euer a cough, and spitteth sometime matter & bloudy strynges withall. And yͭ ẏ whyche he spitteth be put into a basin of water, it falleth to the bottome, for it is so heauye.

Galene speakyng of thys disease, sayth it is vncurable. But whē he was in Rome he gaue counsayle to them that hadde the pthisickes, to dwel in the mountaines and hie places, farre from waters, and watrie groundes, and so their lyfe should be prolonged, but at the laste they died of thesame disease. Neuertheles, it is good to releas ẏ

payn,

paſſit, and to helpe them as much as is poſſible. And the thyng that is moſt holeſome for the ſame, it is to drynk euery mornyng a draught of aſſes milke, foure houres afore meat in the place whereof one may take the milke of a gote newely milked, & mixe them euery tyme with a ſpoonefull of pouder, made of ſuger roſes, and it is good euer time to vſe cõſerue of roſes, pignolat diadragagantum, and anoint the breſt before and behynde, with oyle of ſweete almondes, May butter, and ſalt.

An other remedy proued by a religious manne.

TAke twoo ounces of pimpernell in pouder, and therof make an electuary with ſuger, & vſe it euery morning iii. dr̃ames with pimpernel water. iii ounces. Water of ſnailes diſtilled is proued good to them that be pthiſicke euerye morning in drinke, and for all them that are drie and leane.

An other.

Take the foure colde ſedes, ſede of quinces, of eche. iii. dr̃ames & a halfe, white poppiſede fiue dr̃amines, the iuice of liquorice ſlope, amidum, gumme arabike, & dragãt,

of

of eche a dramme and an halfe, penides, the weight of them al, make a pouder, and vse euery morning .ii. drammes, and after take two spoonefuls of sirupe of iuiubes, or in stede of it, drinke the ptisane of water of vngula caballina, otherwise called horsehoofe. The pouder wherof is good for the ptisike, wherewith Haly saith, ỳ he healed a monke of the same sickness.

Regiment for ptisike.

YE ought to do as hath bene saide in regiment of Asthma, and to abstayn from al spices, saue saffron. Ye must likewise abstain frō al soure things, sharp thinges & tart, nor be not hūgry, nor drie: but cherysshe you well with meates of easy digestion, and good nourysshemente, such as is colcys of Capons, boiled barlye, almonde mylke, egges yolkes, veale, kidde, lambe shepes fete, and smal byrdes, liuing in woodes and bushes. creauises, and fish of swete runnyng water, hauyng scales. Snayles in the shelles sodde wyth fenell and Isope is very good. Ye muste liue merelye, and playe at some passyme for pleasure without labouring.

Ye

He ought to abstaine from laxatiue medicines, because that it is said. Cum fluor excedit, mors intrat, vita recidit, which is contrary to asthma, for therein it is good euer to be lose bellied.

For the plurisye.

Hereafter shal be spoken of medicines for diseases of the ribbes. And for playner knowledge of thesame, ye shall vnderstād that sometime in the skynnes that couer the ribbes, there gathereth together bloud and cholericke humours, which engender apostemes, called pluresie, and it maye be knowen by foure maner of sygnes.

First the pacient hath a great burnynge feuer. Secondlye the ribbes are so sore within, as if they were pricked continually with nedels. Thirdly the pacyent hath a short breath. The fourth signe is a strong cough, wherwith the sicke is vexed, and by these sygnes maye ye surelye know a right pluresye, that is in the skin, vnder the ribbes within the body.

But there is another kynde of pluresye without vpon the ribbes apostomed, but in that is nothyng so great daunger, nor ẏ feuer is not so strong as is the other afore rehearsed.

Remedy.

Remedy.

The pacient ought to be let bloude on the lifter vain, in the contrary arme from the side that is diseased. After the begynnyng of the soze, till the thirde daye, and after that if the pacient be not feble, lette hym blood agayne vppon the same syde ỹ the soze is. Moreouer the pacient ought to lay vpon the soze syde, euery day an earthē bottell, ful of warme water, and to anoint his ribbes with oyle of camomyll warme. And he ought to take a glister of chickyns brothe, milke, cassia, oyle of violettes, and hony of roses, if his belly be harde. And in stede of that glister, it is good to take an ounce of cassia, an houre before dyner, in a losenge or distempered with a pesane, or els with water of scabiose.

An other remedye.

Take of broome flowres, of scabiose and the great thistle called cardo benedictus, of euery one a lyke porcion, meddle them together, and let hym euery morning and euenyng, receiue a good draught, and annoynt the ribbs with oyle of broomeflowres and it shalbe good.

Another singuler remedy.

Take

Take thre ounces of water of our lady thistle, one spoonfull of white wyne, & syre inner whites of egges well braide, mingle altogether, and lay them plaisterwise vpō the ribbes, as hote as ye may suffer.

An other expert remedye.

Take two good handfuls of horsedong two races of ginger in pouder, and then wrappe well the dong and the ginger together in a cleane linnen cloothe, then put them in a new pot to boyle with .ii. pintes of white wine, vntill the third part be consumed and drinke a draught of the sayde drynke euery morning, and after ye haue dronke the sayde wyne, couer ye as warme as is possible and sweate.

Regement for the pleurisy.

The pacient ought not to drinke wyne, nor eate flesh, but must be content to drinke peisane, barlye water, and weake drynke, and to eate barly hulled, and milke of almons clarified, rosted apples and greate raysins as long as the feuer doth last. And for to helpe him to spit, it is good to vse ofsen white pilles, diadragagantum, sugre candy, and other thynges sayde in the remedy of the cough.

For

For diseases in the rybbes which is not pleuresy.

There chaunceth often tymes a disease in the ribs, which thei call a bunch, which commeth of ventositie, wherfore it is good to applye therto hote thinges, as a tost of bread very hote, and a litle bagge of otes, & bay salt fryed together, or of hony whyche is better. Also it shall bee good to putte therto a sponefull of hote ashes, & herbes, of horthounde rue, wormewood, margerim, Isope, bayes, and Camomill.

Another remedye for the same.

Take the rootes of colewort and hops, of eche an ounce, veruein, thugwort, sage, mintes, wormewood, tansay, and motherwort, of eche a handfull, put all in a common styll, and distyll them.

Kepe that water to drynke euery morning two or three ounces, while the payne doth last.

Another remedy.

Take the saide herbes and rootes, and beate them with white wyne, and strayne them through a linnen cloth, and geue vnto the pacient a small draught two or thre houres afore meate.

The

The fourth chapter of the weaknesse of the heart.

WEakenes or feblenes of heart is caused, when the bodye faileth his vertue vitalle, without any euident cause or when the bodye is consumed and waxeth out of colour, and that the operacions vitall are weake, without sensible hurting of any other member, but the heart. And it maye chaunce of an apostemacion, for the whiche there is no maner remedy, for all apostemacion of the heart is mortall. And debilitie of the hearte maye come of heate accidentall, whiche one may know, when there is a great heate in the brest, and vehement thurst, and is quenched better in drawing colde ayre, then in drinking cold water.

Remedy.

Geue him that hath a feble hearte, and redy to faynt, eyther for fever, or for extreme heate, the weyght of a frech crown of troscisse of camphore, with wyne of pomegranades, and lay vpon his brest towarde the left syde, a sendall or linnē dipped in water of roses and vineger.

A

A lectuary.

In stede of these trosciks, ye may vse a lectuary called diamargariton frigidum, euery morning a lozeng. And it is good to geue him for the same feblenes, conserue roses, violettes, and water lilies mingled togither, and after to drinke water of sorel, and to smel roses, water lilies, rosewater, and vinegre. Otherwhiles and most often debilitie of hart chaunceth of a colde and dry cause, and is without feuer, with great feare and heuinesse, the remedy whereof is this.

Remedy.

Take of an electuary, called Diamuscus, or of an other called electuarium pliris, and vse euery morning a lozenge, and drike after it a litel good wine, or buglosse water, and annointe the breast with oile of spikenarde. Moreouer vse ones in a weke fiue houres before meate: ẏ weight of halfe a crowne of good triacle, or mithridatum, so it be wel tempered in a littel white wine with a fewe maces.

For the same.

Ye muste geue the pacient often in the houre of his feeblenes, cloaues, cinamom

nutmigges, setuale, of the roote of colewoortes if he hath not ỳ pthisike, in which case he must abstaine from the said thinges. And it is conuenient to giue him in that case good flesche, and potage without spices, and take euery morning, a greate draught of Asses or Goates milke, and suger rosate.

For beating of the harte.

It is called of the Phisicians cardiaca passio, or otherwise tremor cordis, that is trembling of hart, and sometime it chaũceth with a feuer, and sometime without.

Remedie whẽ it cometh with a feuer.

Ye must bolet blood of the Liuer vein, and drinke euery morninge Sirupe of Pomgranades, and Limmons the iuice of sorel, or one of them, with water of Roses. Purcelane, smeorte, and Sorelle. Moreouer the paciente ought to smel thinges colde & swete, as dried Roses, water Lillies. Violettes, and vineger of Roses.

Also it is good to take an infusion or lare of rubarbe, ordeined of som good Phisiciã after the whiche it shalbee good, to applie vpon the left pappe, a linnen cloth dipped in plantain water, roses, sorell, and a litle

Vinegre.

Vinegre.

For trembling of the hart with out a feuer, a remedy.

The pacient muſt take .ii. drammes of the electuary of diamargariton calidum, and the third parte of electuarium de gemmis, then drinke .ii. or .iii ounces of water of buglofſe, and baume mixt togither.

An other remedy.

Take maſtike, lignum aloes, cloues, cinamome, nutmigs, and cubebes, of eche a ſcruple, pilles of citrons half a dramme, doronici romani, and perles, of eche .xb. graines, baſil ſeede .x. grains, amber grece, and muſke, of eche .ii. grains, with conſerued buglofſe or colewortes and ſucket of citrons, of eche half an ounce, make an electuary with .iiii. ounces of ſuger diſſolued in whit wine and buglofſe water, and vſe of the ſame euery morning .ii. drāmes, and drinke a litle good wine after it.

An other remedy.

Take water of buglofſe, baume, & bourage, of all thre togither a pound, of white wine halfe a pounde, pouder of cinamome

cloanes & nutmigs, of eche twoo dr̃ames, mingle thē al wel togither and then heat it a litle, and dippe a linnen cloth in it, or els a scarlet, and lay it to the left pappe.

An other remedie.

We must make a bagge of sendall, of the said swete spices, or other cordial pouders, and lay it hotte vpon the left pappe.

An other remedie.

Take pomanders made of lapadanum, lignum aloes, and citron pilles maces cloues, borage floures, storax calamite, amber of grece, & a litle warc, and let the patient beare that, and smell it often.

An other medicine.

The mawe of an olde cocke dried and made in pouder, is exceding good to drink in red wine, or swete wine with a lyttell saffron.

For the same.

It is good to drinke euerie morning iii ounces of water of bugloss wherin hathe ben sodden cloues. And it is good to drink in a morning. iiij. ounces of iulep made of halfe a pound of baume water, and three ounces of suger. The confection of diacinthy, is singular and excellēt for trembling

of

of the heart, but it is for noble menne, not for poore folke.

For swouning.

Swouning is a takinge awaie of the feeling and mouing of the bodi by weaknes of the hert through to muche auoidance of the spirites.

Remedy.

In Somer for swouning, sodainly ye ought to casse vpon his face colde water, mingled with rosewater or vinegre. And if ye stoppe his mouth, and nose, and bowe his face vnto his knees, so long as ye stop your winde your selfe, ye shall forthwith recouer him. But if the said swounig com of the mother, ye must lay to ỹ nose al stinkyng thinges & abhominable sauours, as partriches fethers brent, cassor, & assafetida, or the snuffes of candels. Moreouer ye ought to geue ỹ pacient a litle good wine, which is the chiefe thig that quicklieſt restoreth him as saith Auerrois in his seuẽth colliget. Afterwarde rubbe his armes and legges, and bind them hard, then prouoke him to nese putting a litle pouder of long pepper, euphorbium, or cassor into his nose. And if by the saide medicines, the

pacient doth not amend, this disease is vncurable. And here ye maye note, that if swouning com by great resolution of spirites, as after great euacuation, either by sweat, flure of bloud, or laske, ye ought not to cast cold water on his face, nor to binde his membres, for that shulde do him hurt, but kepe him in a place without mouing, and geue him to drinke a litle good wine, & nourishe him with good light meates as pullets, chickēs, capons, partriches, veale muttō, & kid, Whereof ye may make him good porrage, coleises or restoratiues, distilled or otherwise, as ye shall think conuenient.

The.v.chapiter of remedies for diseases of the stomake.

The chest of the body doth receiue the meate necessary for all the membres in the stomak, which is situate in the middes of the body, for to digest the same meate into all the membres, to the whiche chaunceth debilite or hinderance of appetite, sometimes by errour of the eater in qualitie or quantitie, and sometimes by reason of ỹ fleume that descendeth from the head like a reume. Remedy.

Kepe

Keepe abstinence, and eate sobrely light meates, and drinke good wine, & but litle. Purge the stomake, in takig pilles of simple hiera before meat. iii. or. iiii. of the saide pilles at four of the clock in the morning. If the repletion be greate, sleping in the night, he must lay his hand on his stomak, or els lay a litle pillow of fethers on it, or a bagge of woormwood and margerim. Sometimes ther chanceth suche debilitie, not for reume, or meat or drink, but by viscous and slimy fleum in ỹ mouthe of the stomak, which causeth to engender abundance of ventolitie, and maketh the meate to swym with litle chrise. And sometimes with sour belchings, and inflations, suche debilitie may not perfectly bee cured, but for a time mended with the remedies that folowe.

Remedies for weakenes of ỹ stomake.

First ye must take pillule stematice. ii. or iii. houres afore meat, more or lesse, accordíng to the quantitie of the fulnes of ỹ stomak, and after geue hi euery morning. ii. houres afore meate and one houre after supper, at euery time a lozēg of a lectuary called diagalāga, or an other called diacimīū

minum, which lectuaries do consume superfluities, and with their comfortable heate, drive away the colde and the windy complexion of the stomake.

For the same.

Grene ginger is very good, taken as is said afore of electuaries. And it is holsome to eate afore youre meate, anyse sedes and fenell, and when ye begin to eate, take a toll dipped in soddē wine, or good malmesey without drinkynge of the same wine, except it be a very littell after meate.

An other.

Take mastik and lapadanum, of euery one an ounce, mintes and wormewoode poudred, of eche a dramme, turpentine, as much as shal nede to incorporate them together, make a plaster and spred it vpon it vpon lether, and lay it to the stomake. In stede of the said plaister, it is good to anoint the stomak with oile of spikenard, and make, or to lay en it hotte bread steped in good wine, on the whiche bread strawe poudre of cloues and nutmigs.

Sometimes suche debilitie of stomake, cōmeth of hot causes, and thē it is knowē by the litle appetite to meate, and greate thirst,

thirst, and hed ache before meate, and after it, cometh stinkinge belchinge, wherof sometime foloweth vomiting, and is holpē on this wise.

Remedy.

In suche debilitie, if there be great quātitie of spittle, and muche desire to vomite, it is good to take .r. drammes of hiera picra, with the decoction of cicers, or with two or thre ounces of water of woormewood, and after your meate, vse coriander seede prepared, and beware ye drinke not thereafter, nor sleape in the day time.

To the same.

Mirabolans cōdite ar very good for the same purpose, to be giuē once in the weke, at four of the clock in the morning, half an oūce, or a hole ounce euery time, & take away the stone that is within. If in ỹ saide debilite of stomake of hote cause, ther be not abūdance of spittle, but drines of mouth, w̄ thirst & vomiting, stinking & fumish, it is good to take euery mornig sirup of sorel, sirupe of roses, or sirupe of quinces, w̄ endiue & succory water and water sodden & cooled again, and then drink hierapicra, as afore is seid, or take a purgation,

purgacion, as is declared in the pein of the head, coming of choler. It is to be noted, that for suche debilitie of the stomake, ye may not weare any cerote plaister, nor baggue, wherein is hote medicines, lest ye shuld augmēt the cause, but it is conuenīet to annoint the stomacke with colde oyles, as be oiles of roses, and quinces, and if ye will haue a plaister, make it of redde roses and saunders.

For abhorring of meate.

Somtime there chaunceth in the stomake, a disease called taedium, or abhorring of meat, wherby the persone against his will taketh in hate and abhomination all maner of meates, that is offered vnto him: likewise as a hole mā taketh pleasure & delite in his meate. The cause of this disease, is repletion of cholerik humours, or fleumatike, grosse and viscous, which are in the stomacke, and the pacīēt hath great thirst, a drie tongue, the mouth bitter, and sometime dothe vomit yelow choler.

Remedy.

Ye must purge the choler as hath been saide afore, and if the veines be great and ful of blud, ye ought to let him blud on the

right

right arm, and on that veine which appereth moste: and to quiken the apetite it is good to geue hym to eat or drinke, such as the patient demandeth, although it be not allwaies of the best. And also it is good to giue him that iuice of pomegranads.

For belchynge.

Belching is a ventositie inflatiue expulsed oute of the stomake to the mouth, and cometh by feeblenes, and litle heate of the stomak, which engendreth winde, wherfore it signifieth a colde complexion, whiche is cause of suche ventosite after meate. And for this disease ye shall doo as followeth.

Remedy for windinesse of the stomake.

Abstaine from al fruites, & raw herbes, pease, beanes, garlike, onions leekes, chesnuttes, course meates, great repast, & slepe on the day. ye ought to take fasting, cõfites made of anise, fenell, cũmin, & carrewaie sedes, or els pouder of the said thinges mixte with sugar. Also it is good to tak in a morning .ii. houres before meat a losenge of aromaticũ rosatũ, & if ye haue an aking stomake and colde, it is good to take euery morning a losẽg of

dianisi,

diamisi, or diaciminum, or some other confortable lozenge, and to drinke after it a sponfull of good wine.

An other remedy.

Ye maye take a litle galingale with a litle wine, or pouder of cumin, with sõme good wine. An other remedy.

Drinke euery morning fasting two oũces of wine, wherin hath ben sodden barberies, anise, and carraway seedes, of eche a litle. And if ye put to it litle pure frankẽsence, it wold be the better. And without, it is good to lay a bagge full of camomill floures, rue, wormewood, and maiorã made in pouder, or for to annoith stomak with oile of wormewoode, rue, spikenard, or baies. Somtimes suche bellchinge and ventositie cometh before mẽat, & it is caused of ficum viscous, or watrishe, that is in the stomake. Remedy.

Ye muste purge the ficume with pillule cochie or electuariũ of diacartami, as hath ben saide in the remedy of pein of the hed cauſed of ficum. And ere ye geue the purgatiõ, ye ought. iii. or. iiii. mornigs. ii. houres afore meat, to take two litle sponefuls of sirupe of woormewoode or of mintes.

After

After the which purgatiō, it is good to annointe the stomake with oile of mastike, nardine, woorme woode, or likes and for to weare vpon the stomake a cerote, beinge made like a plaster, which ye may bie at ỳ Apotecaries, called cerotum Galeni, or a bagge made of maioram, and camomill flours, & take euery morning a lozenge of ỳ electuary aboue named, or of diagalāga. Item ye shal note, that if the person cā not take a purgation, to auoid sufficiently the fulnes of the stomak which hinderth ỳ digestion of meat he must take a glister, and afterward pilles of elephāgine, or of hiera simplicis, before diner or supper. Moreouer, if before diner ye fele an heuines in ỳ stomake, ye ought to take one of the saide pilles halfe an houre before meate.

For the hicket.

Hicket or yealking, is an euil moning of the vertu expulsiue of ỳ stomak prouoked by ỳ vertu sensible, to expulse that ỳ' dothe anoy. The said hicket doth somtimes happen by reson of emptines, by debilitie of ỳ stomake after long sicknes, or by flure of blud or lax, or by som other strāge enacuation, whiche is very perillous, and oftentimes

times mortal. Therfore it is good to giue restoratiues to the pacient, & to geue hym soft egges, almond mylke, hulled barley, colcise of capons, or other thinges of good nourishment, and of easy digestion.

Also ye ought to stop the laske, & to make the pacient to slepe longe, and anoint the stomak with oyle of swete almons. Sometimes hicket procedeth of repletiō of matter humorous, or of drink and meat whiche engender grosse ventositie, & not very easy to cōsume. If ỹ stomak be ouercharged w meates, kepe a longe abstinence till digestion be done, or els vomite and anoint the stomake with oyle of dill, maskike, wormewod and castor. If humors contened in the stomacke be cause of the said hicket, take an ounce of hierapicra with water of wormewod, or elles pilles ante cibum. iii. or. iiii. houres before meat, and euery morning following the operation of the saide hierapicra, take a lozenge of dianisi or diaciminū, or els a few anise sedes & carawais

Regiment for all maner hicket.

It is good to kepe longe and often his breath to nese, to trauaile much to endure greate thrist, and also to sleape longe. And

it

it is good to cast colde water in the face of him that hath the hicket, and to threaten him, and so put him in feare, and to angre him, or els to prouoke him to neuines, for by these thinges, the naturall heate is reuoked and fortified within, and causeth ȳ hicket to cease.

For vomiting.

Vomitinge cometh sometimes without great violẽce, and therby one getteth helth wherfore ye nede not giue him any remedy, for it is a good action of the naturall vertu of the stomak. Sometime vomiting cometh by a greate violent mouinge of the vertue expulsiue of the stomake, for the euill thinges conteined in the same.

Remedy.

One may well helpe a man to vomite, geuing him warme water with a litle oile to drinke, or els to put the finger in his mouth very low or a fether wette in oile, the better to vomit and mundify the stomake, yf so be the persone haue a wyde throthe, and that vomitinge do not hurte him much, as be they that haue but small & strait throtes, and long neckes and leane,

and

and he that hath an euill sight, for all these it is euil to vomite.

Somtimes vomiting cometh by weakenes of the stomake, caused of a hote & euill complexion, ye shall heale it after this maner.

Remedy.

Take sirupe of roses, quinces, mitilles, with water sodden, and colde againe, or els water of purselane for to refreshe and quenche the thirst that chaunceth cõmonly in suche a case. And it is good to anoint the stomack before diner and supper, with an ointment made of oile of roses, and quinces, with iuice of mintes, and a littell ware, or els to make a plaister of mintes, roses, wormwood, and oile of roses, an lay it to the stomake.

An other.

Take frankensence, mastike, of ech half an ounce, made in pouder, & mingle them togither, with the whyte of an egge, and a litle barly floure, then spread it on a litle tow, and lay it to the mouth of the stomak. At ỳ latter end of diner, it is good to take a morsell of marmalade without drinke.

Somtime vomiting procedeth of euill

and

and colde complexion of the stomake.

Remedy.

Annoint the stomake with oile of spike narde and mastike, or els make an ointemente of the sayed byles, with a litle mastike, corall, and ware, and annointe the stomake mornyng and euenyng.

An other medicine.

Make a bagge of wormewood, maiorā and dry myntes, of eche a like handefull, cloues, galingale, and nutmygges, of ech halfe a dramme, the sayd thynges poudred and put betwirte. ii. lynnen clothes wych cotton enterbasted and applyed vpon the stomake, are of wonderfull operacion. In stede of thys ye may take the saied herbes dryed on an hote tilestone, and put them in two linnen cloutes vpon the stomake.

An other maner.

Ye maye take a tosse of breade and stepe it in the iuyce of myntes, and caste vpon it pouder of mastyke, then laye it vpon the stomake, and from three houres to three houres let it be renewed.

Otherwise.

Take two handefulles of myntes, and a handefull of roses sodde in wyne, than

take two ounces of tosted bread, and moist it in wine and incorporate it with pouder of mastyke, and the sayd roses and myntes and make a plaister, wherof one part must be laied to the stomake when the paciente would eate any meate.

The saied plaister is also good in all hote causes, if for the sayed wine, ye seethe the myntes and roses, and steepe the tosse in vineger.

To comforte the stomake after vomyting.

It is good to geue vnto the paciente euery morning an vnce of sirupe of wormwood, or myntes, in stede of which it is conuenyente to take a losenge aromaticũ rosarum, or diagalanga.

For the same.

Take euening and morning .iii. houres before meate .ii. cloues in pouder wyth a sponneful! of the iuyce of myntes, or halfe a sponnefull of rue, dryed, wyth a lyttle wine. Also it is good to take pouder of cloues, and lignum aloes, the weyghte of a crown, with wine .ii. houres before meate.

A glister for the same.

And here ye muste note, that in al vomiting,

mitting, if the pacient be harde bellied, it is godd to take an lenitiue glister made of ỹ decoccion of March mallowes, mallowes, violettes, and barlye with oyle of violettes hony of roses, and a litle cassia.

And if the vomitinge come of coldenes of the stomake, or of colde water conteyned in it, adde vnto the said glister, wormwood, yssope, rue, and camomyl in the sethyng. And for oyle of vyolettes, take oile of camomil, or of lylyes, and geue the pacyente a pyl of mastyke before meate. And ye shall vnderstande, that myntes brayed, and myngled wyth oyle of roses, and applyed vpon the stomake, is verye good for all vomytyng.

For peyne of the stomake.

Ache or peine of the stomake, commeth sometimes of wynde, and it is called doloure extensiue, the whiche is holpen wyth applying thereto a sponge wette in wine wherein hath been sodden wormewood, rue, and camomyll.

Also ye may helpe it as hath been sayed in the remedye of hicket or yeaskynge,

and as shalbe sayed hereafter in the remedy for all peynes of the stomake.

Sometimes the sayed payne commeth of replecion of humoures, and it is called Dolor agranatiuus. Which ought to be cured by purgacion, in geuyng of cassya, newly drawen out, hierapiera, or pylles stomatycas, or of hiera simple, takynge soe sirupe before ỳ purgacion, as is shewed in the remedy of debilitie of stomake. Sometymes payne of the stomake commethe of cholere, or sale flemme very sharpe, and ỳ pacient hath bytter tast or salt with great thirst, and he feleth heate and mordicacio. Wherfore it is good to drynke sirupe of roses, or ocei saccarum simple with sodden water and coled. In stede wherof ye maye take endiue water, succory, and purcelane wyth one part of wormewood water, and then take an euacuatiue that purgeth choler, as is sayd in the remedyes for peine of the head commyng of choler, or let the pacyent vomyte, in geuyng a sharpe syrupe of sorell, wyth warme water, than put hys fynger in hys mouth, so that he may vomite Sicke folkes oftẽ diseased in the stomake, demaunde nothyng els, but to take

away

away the peyne, not regardyng the tyme whyle the matter maye be purged by vomytyng, glyster, or other lares.

Also there chaunce the some tyme so greate payne and sharpe, that for debilitie of vertue, it is good to leaue the cause and stycke to the swaging of the payne: wherfore it behaueth to procede in maner folowyng.

Remedye for all paynes of the stomake.

TAke Camomill, melilote, wormewood, mallowes wyth theyr rootes leaues of bayes, parietarye, and pennyrial, of eche a handefull, linesede a poũd fenugreke halfe a pounde, anise and fenel sede, of eche halfe an ounce.

The sayd thynges bruised and wel sodden in water, wette therein sponges, and the licoure well pressed oute, and applyed vnto the stomake, one after an other, and warmynge them agayne, when they beegynne to coole, swage all maner paynes of the stomake. And afterwarde ye muste annoynte the stomake with oile of dil and Camomill.

An other remedy.

Take an hoggꝭ bladder, and fill it of the ſaid decoccion, and lappe it in a linnen cloth, and laye it to the ſtomake and warm it agayne when it is colde.

But after ye haue made diuers ſuche applications, ye muſt anoint the ſtomake wyth the oyle afore ſayed. If the peyne be remouing from place to place, it ſignifieth it commeth of ventoſitie. Therfore lay vnto it a bagge ful of meale, ſaltem, and cũmyn dryed together.

An other remedye.

Take a ſponnefull of hote aſhes, delue them wyth good wyne, and couer them wyth a lynnen clothe: that it goe rounde about the ſpone, and laye it to the ſtomake.

An other remedy.

Take a ſheaue of bread metelye thycke, toſte it, and wete it in hote oile of camomil as hote as it commeth from the ouen, or in oyle of ſpike, and wrappe it in a lynnen, & lay it vpon the payne.

An other remedy.

Put a great boring glaſſe vpon the nauyl, and let it be there one houre.

An other remedye for payne of the ſtomake.

Take

Take two drammes of diacinynon, of dianisi, of diagalanga, and drinke it wyth a lyttle good wyne, an houre or two before meate. To drynk two ounces of malnesy, with a litle of one of the sayd electuaryes, is very good for such peines as procede of colonies or ventosite.

An other remedye.

Take a dramme of galingale inpouder and gene it to drinke with a litle hote wine and above al thynges for payne of ventositie, a singuler remedy is to drynke a lytle Castor, with good wyne.

An other.

Likewise to drinke two houres before meate thre or foure ounces of the decoccyon of myntes, anyse sedes, cummyne, and fyne frankensence.

Also it is good to drynke an electuary called aromaticum, whereof ye maye receyue one losenge euerye morynge fastyng.

An other spectall medicine.

Take half an oūce of iuice of mintes, ℥.ii. drāmes of ỹ iuice of wormwood, lignū aloes, ℥ cloues, ℥ rilo balsamū, of ech in pouder half a scruple al mixt together, ℥ drōke

warme.ii.or.iii.houres before meate, are exceadyng profytable.

The syxte Chapter, of remedies for diseases of the lyuer.

The luer is one of the principall membres and chyefe instrument of generacion of bloud, and of other membres: it lieth on the ryghte syde vnder the shorte rybbes, the whych is ordayned to digeste the meate the seconde tyme, and therof to make humoures that norisheth all the membres of mans body, by his naturall heate, comforted by heate of the hearte. But sometymes it is greped by bloud into muche aboundaunce, or by coleryke humours, whyche cause to great heate or els by fleume that doth diminushe the same.

A remedy for an hote lyuer.

If the luer be to hote, because of to much bloud, the person hath red bryn, hasty pulse hys veynes great & ful & he feeleth hys spattle, mouth & tonge sweter then it was wont to be, wherfore it is good to be lette bloud of ỳ lyuer vein on ỳ ryght arme, & to vse lettuce, sorell, purselan, and hoppes in potage, and some tymes to drynke of

of the water of the saide herbes fasting, or els endiue water to refresh the liuer.

Regiment for disease of the liuer comming of bloud.

YE must abstain from drinking wine and eating of flesh, and if at meat or drinke ye must otherwise, the wyne ought to be watred, and the fleshe boyled with letuce and sorell. It is better to drink ptisan, or stale cidre, and eate broth of peason, almon milke, hulled barlye, or rosted appels, and damaske prunes, whyles the heate be deminished. And ye ought euerye day to prouoke the ductie of the wombe, ether by meanes of suppositorie, or els otherwise.

If the liuer be ouer hote with cholere, the pacient hath his vrine clere and yelow without measure, great thirst without appetite, and feleth great burnyng in his body, and commonly hath his belly bounde, and hath his face yelow.

This disease of the liuer chanceth most in sommer, and for it ye muste take twyse in a daye an ounce of sirupe of endiue, or violettes, with a good draughte of ptisan, drinke it twoo or thre houres before meat,

and

and also at night to beddewarde, and so to continue thre or foure daies.

In stede of the saide sirupes ye maye take three ounces of ptisan, or thre ounces of water of endiue, cikory and sorell medled together, for eche time. Then the fyfth day in the morninge earlye, it is good to drinke a purgacion that purgeth cholere, which shalbe made as foloweth.

An excellent pourgacion for to auoide cholere, and may be geuen to menne of all ages.

TAke halfe an ounce of cassia newly drawen, a dramme of good rubarb infused a night in water of endiue, with a litle spikenarde, and an ounce of sirupe of violets, mixte all the sayde thinges with thre ounces of ptisan or whaye, and drinke it warme, as afore is saide in the other.

Boles for the same.

In stede of the sayde medicine (whiche is to costly for poore folkes) ye may make boles of halfe an ounce of cassia and three drammes of electuarium de succo rosarū, and eate them thre houres after midnight and

and slepe after it, but all the day ye muste kepe the chaumbre, and if ye hadde rather drinke it than eate it, mixte the saide boles with whaie or endiue water, and drynke it at fiue of the clocke in the mornyng, but slepe not after it.

Other medicines laxatiue.

Take halfe an ounce of diaprunis laxatiue, mixt with thre ounces of decoccyon of frenche prunes, water of succorye, and drinke it warme at fiue of the clocke in the mornyng, or els sixe houres afore meate. In stede of the saide diaprunis, ye maye take halfe an ounce of electuarium de succo rosarum, and make a laxe as afore is saide.

And it is to be noted, if the pacient be very weake or easy to woorke vppon, ye maye take away a dramme bothe of ẏ diaprunis, and also of succo rosarum. After the saide purgacion, it is good to refreshe the liuer with laying to without on ẏ right side, vnder the nether ribbes, a playster of cerotū scandalinū. spred vpon a linnen cloth of ẏ bignes of .iiii. fingers, or bathe ẏ said place wͭ a linnē cloth wet in water of endiue, plātain & roses, warmed together.

More-

Moreouer it is good to take euerye morning before meat, a lossege of triasandaly, & to drink after it endiue water. iii. ounces.

Regement for heate in the liuer.

The pacient must abstain from flesshe, and saltfisshe, strong wine, garlike, onions mustard, and such other hote meates. It is good to vse brothe of peasse and verjuice lettice, poppy, spinage, and borage, and somtime a litle vineger, if he be not greued in the stomake. This regimente is good also in tyme of pestylence, and of to greate heate.

A iulep for heate of the lyuer.

Take halfe a pound of rosewater, one quarter of water of endiue, and. v. ounces of suger, make a iuleppe, of whiche ye shall drinke fastynge a good draught And if ye wyll nedes drynke for thirst betwene meales, lette it be myngled with two partes of water of the well. And if ye will haue it more cooling, adde vnto it two ounces of vineger, or the iuyce of a pomegranade. If the liuer be colde, for the fleumatike matter that is in it, the person hath water white, and out of coloure, the face

face pale, and his mouthe watrye, lyttle blonde, and feeleth heauinesse aboute hys liuer.

Remedy.

He ought to drinke in the morninge earely, thre or foure times a sirupe called syrnell diureticum, with the decoccion of smalache and parsely, or with waters of smalache and fenel, and after he must take to pourge the fleume a medicine made as foloweth. Take sire drammes of diasinicō if the person be strong or halfe an ounce if he be weake, and dissemper it in foure ounces of the decoction of the rootes of smalache, persely, fenell, and drinke it luke warme fiue or sixe houres afore meate.

Instede of the sayde medicine one may geue two drammes of agarike in troschis with water of smalache, or els good fenell.

An other medycine laxatiue.

Take halfe an ounce of diacarthami, or halfe an ounce of diaprunis laxatiue, or as much of electuarium dulce with thre ounces of persely water, smalache, yslope, or fenell, take it fiue houres afore meate.

Regement.

The

The pacient must drinke good wyne, & vse ginger, cinamome, graynes of paradise, anyse, and fenell, and hote herbes in pottage, as sage, yssope, tyme, maiorã, and auoyde al rawe fruites, and also raw herbes. Moreouer it is very good to make a plaister of smalache, wormewood, spikenarde in pouder, with oyle of dil mingle it and lay it vpon the liuer.

Agaynst stoppyng of the liuer called oppilacion.

Oppilacion or stoppyng commeth sometyme in the holownes of the liuer, and it is knowen by compassion and payne of the stomacke, and is healed by medicines laxatiue, as is declared before.

And sometime the oppilacion is in the vaines of the holowe part of the liuer, and is perceiued then by the grieke, which the pacient feleth in his backe & in his reins. And it is healed by thynges that open, as by sirupes of the thre rootes, sirupe of dilatius, sirupes of maidenheere, and by drinking the decoccion of raisins, fenel, persely smallache, cicorye, or waters stylled of the same

same herbes. Also rootes of alisandre is good for thesame, &c. Sometymes ẏ sayde oppilacion cõmeth of grosse bloud, earththy, and Melancholyke, whiche the members sende vnto the liuer, and because that suche engendred bloud can haue no yssue, nor hath any way to depart to anye other members, therefore bee the veynes of the liuer stopped vp, by the grossenesse of the sayde bloud. And it is knowen by the water, that is very hye coloured, and clere.

Remedy.

Gene the pacient medicines that perce and subtile, as is wyne of pomegranades, sirupe of endiue, with the decoction of ciceres. Then let him bloud on the liuer vain and euery mornyng eate a losenge of triasandaly. Somtime the said appilaciõ cõmeth of aboundance of some humour viscouse colde and fleumatike, stoppyng the vaines of the liuer, and then the vryne is as clere, as clere water.

Remedy.

The pacyente muste drynke euerye mornynge the syrupe of oximell squilytyke, with halfe a draughte or more of the decoccion of rootes of smallache, fenel,

fenell, and persely. Sometymes vnto women commeth oppilacion of the liuer, by receyuyng of their purgacions. Wherefore it is good to let them bloud on ẏ vayn called saphena, whiche is aboue on ẏ hyer syde of the insteppe. And let them take after the chaunge of the moone, seuen or eyght mornynges an opiat called Trifera magna, euery tyme an ounce. And after drynke thre ounces of water of mugwort, ysope, and fenell, or the decoccion of these herbes, or els the rootes apperitiue, which be smalache, persely, fenell, alesandre and asperage, boyled in water with the thyrde parte of odoriferous white wyne.

Medycynes for the lyuer that maye bee easily hadde at all tymes.

Take a good handfull of liuerworte, ẏ groweth vpon the stones, and an other of fumitory, with as muche of hartes tonge, and seeth them in whay clarifyed, & drynk them euery day twyse.

The lyuer of an hare dryed and made in pouder, is good for all diseases of the lyuer, as affirmeth Auicene, and other of the Arabians.

Also

Also for heate in the lyuer seeth barberies in whey, and drynke them.

The.vii. Chapter, agaynst the diseases of the gall.

The gal is placed in the holownes of the liuer, to receiue the superfluitie of cholere, and to sende it to ỹ bowels to be auoided with ỹ grosse excrementes, to the intente to cleuse the blood of the sayed cholere.

To the which there cõmeth oftentimes applications in the parties aboute by the liuer, or beneth in it selfe, nere the bowels causyng great payne, by reason whereof, ỹ choler turneth againe vnto the liuer, and there is mingled with the blood, & spreade abrode vnto all the veines of the body, and bredeth a disease named iaundis (icterycia in latin) wherof be three kyndes, that is to say, yelowe iaundis that procedeth of choler, called citrine or yelowe greene iaundis, which procedeth of greene choler, and black iaundis that, proceedeth of black choler, which is called melancholy, and commonlye commeth of the oppilacion of the splene.

Remedy for Iaundis.

If the iaundis happē in an ague before the vii day, the pacyent is in great danger of hys lyfe, as Hipocrates sayeth. But if it appeare in the .vi. day, beyng a day iudicial or cretrike of the ague, or after, it is a very good sygne.

And then ye must succoure nature, in refreshyng and dygesting the choler, with syrupe of vyolettes, geuen in the morning with water of mozell, or syrupe of endiue with water of cicorie.

After thys pourge the Choler as is sayed in remedyes of the Lyuer. And then geue hym a losenge of Triasandall, with Reubarbe, euerye mornynge twoo houres before meate, and drynke a lyttle waters of endyue, and cicorye, afore the sayd Losenge.

Moreouer, it is good to bath the lyuer, as it is sayed afore, & washe the pacyentes eyes with vyneger, and womans mylke, and drynke a Ptisane made of barley, lyquyryce, prunes, and the rotes of fenel.

And if (when the feuer is past) the iaundys tarryeth styll, the pacyente muste drynke water of fenel, and mozel, with the surups

of

of occisaccarium composte, and it is good to lay a quycke tenche vpon the lyuer.

Iaundys sometyme commeth wythout feuer, and may be healed by thynges that I declared here before, or thus.

An other remedy for the iaundys.

Take foure ounces of radish, and geue it the sycke to drynke fyue morynynges, iii houres before meate. In stede wherof it is good to drynke euery morynyng foure oũces of the decoccyon of horehounde, made in whyte wyne, or as much of the decoccyon of Tendody and Barberyes, wyth a litle Hony and Saffron.

An other remedy.

Take wormes of the earth called angle twytches, and wash them in whyte wyne, then dry them and drynke of thẽ a spone full at a tyme, wyth whyte wyne.

An other.

Ye maye lette hym drynke .vii. or .viii. dayes together in the morynynges, a good draught of ỹ decoccion of polytrichõ, or of maydẽheare. The decoccion also of wood, bind, or ỹ water of it distylled in a cõmon stil, is a souerain medecin for ỹ saidd disease

An other singular remedy.

Take cowes milke and whyte wyne of eche a pynte, and dystill them in a styll, kepe that water a moneth, and then geue it to the pacient thre ounces in the mornyng two houres afore meate, & likewise after supper, when he gooeth to bedde.

The eighte Chapiter, for diseases of the splene.

The splene is a member long, softe and spongy, beyng in the lefte side ioyned vnto the holownesse of the stomake, and to the thick endes of the ribbes, and to the backe, the whiche is ordeyned for to receiue the melãcholy humours and to clense the blood of the same, for by that meane the blood remayneth pure and neate. Wherefore it is good nourysshynge for all the members and is the cause that maketh a bodye merye, but often tymes there happeneth oppilation or debilitie, wherof commeth the blacke iaundis.

And sometymes it is greater, fuller, or grosser than it oughte to be, by ouermuch melancholye that is not naturall, caused of

of the dregges of the bloud engendred in the liuer, and doo the hynder generacyon of good bloud where throughe the members become dry for defaute of good nouſhynge. And therfore the pacyent is called ſplenetyke, whiche ye maye knowe by that that after meate, they haue payne in their lefte ſyde, and are alwayes heauye, and hath their faces ſomewhat enclynyng vnto blaknes.

Remedye.

In opilations and apoſtemes of the ſplene, whether it be of hote humours or of colde, he oughte to be let bloud on the ſplene vein called ſalnatella, which is in ỹ lefte hande, betwene the litell fynger, and the nexte finger which they call medicus And ye muſte drawe out but a litle bloude

And if the pacyente feele a burning on the lefte ſyde, and hath a drye tonge without appetite, it ſignifieth, that ſuche dyſeaſe of the ſplene, is cauſed of an hotte humoure. Wherefore ye muſte geue the pacyente foure. or v. morynynges faſting, ſirupe of endiue water, and harte ſtonge, then a pourgacion made as folowyth thus.

A goodly purgacyon to a voyde melancoly.

TAke halfe an ounce of succorosa-rum and three ounces of the de-coccyon of the rootes of capparis and harteſtong and make a drinke the whyche ye maye minister in a good day to take pourgations, fyre houres afore meate.

An other.

In ſtede of that drynke ye may temper halfe an ounce of caſſia, and three drames of diaſeny, in three ounces of whey, or hart-ſtong water, and drynke it as is afore ſaid. After the ſayd purgacyon, ye ought to an-noynte the ſplene wyth oyle of vyolettes, or oyle of lyneſeede, or to make a playſter of the ſayd oyle and lineſede, and the rotes of capparis, and laye vpon the ſplene.

Alſo after the ſayed purgacyon, it ſhall be good to laye vpon the ſplene: nightſhad purcelan ſede, and pouder of plantayne myrte wyth vyneger, lyke a playſter, and if the pacyent haue more appetyte then he can dygeſte, and that he haue belchinges of the ſtomake, ſometymes ſoure in the mouth,

mouth, it signifieth that the passion splenetyke, commeth by a colde humoure melancolyke.

Remedy.

Ye muste drynke syrupe of stycados, or hartestonge, or oxymel diureticum with water of the decoccyon of hartestonge, epithime, smallache rootes, parcely rotes, tameriscus, and myntes, or els onely with the decoccion of hartestong, and rotes of capers. And then after purge it frō suche melancholy humor, wyth an ounce of diacotholicon, and two drammes of dyasene, dyssolued in three ounces of the sayed decoctyon or water of wormwood or hartestong.

And after thys ye muste annoynte the syde of the splene, wyth oyle of lylyes, oile of dyll, freshe butter, marye of an ore, and hennes greace, or of a dogge medled together, or annoynte the sayed side with dialthea.

And the pacient ought to drynke white wyne, and the decoccyon of hartestonge, evening & mornynge, takynge two figges, with pouder of Isope, pepper or gynger, but he maye putte no water in hys wyne.

and oftentymes he must eate capres, with a litle oyle and vineger.

If for the oppilations of the splene the pacyente hath a pale coloure, or leadye in the face, and a whytnes of eies, takinge awaye of appetite, payne in the lefte syde with hardnesse, and hath his excrementes blacke, as it is a signe of the black iaũdis.

An experte medicine for all diseases of the splene.

TAke the leaues and coddes of senye the backe of an ashe tre scraped and cut maidenheare, hartestong and liquorice, seeth them all in clere whay and after they be strayned, drynke of it twise or thrise a daye tyll ye be amended.

Remedy for the blacke iaundise.

YE must geue sirupes and purgatyons, as afore is sayd, and to be lette bloud of the veine saluatella, and afterward diuers tymes euening and mornyng, to apply ventoses vppon the splene wout sacrifying. Afterwarde ye must laye on it a lyste, wette it in good vyneger, and keepe it there so longe as the heate remaineth

remaineth in the saide liste, and warme it three or foure times.

Afterwarde annoynt the splene wyth dialthea, and so continue foure or fyue daies, and other foure or fiue dayes lay vpon the plaister, made of two ounces of gumme armoniake, dissolued in vyneger and spred vpon lether. And if by the foresaide thinges the pacient be not eased, the doctours of phisicke saye, that he must receiue the medicines againe, at ẏ least once in euery moneth, for half a yere together.

Regement for al oppilacions.

The paciente oughte to vse thynges of easie digestion, and in small quantity, and ought to abstaine from bread to litle leuened, cakes, tartes, pasties, pies, hogs flesh, biefe, and poudred meates and fumyshe. Fishe, limmons, peason, beanes, mylke, cheese, ryse, and firmentie, al fried meates drinke after supper, wyne and appels, whiche with all other lyke. trouble the bodye. Also ye must abstaine from much mouing or exercise by and by after meat.

It is good to vse capres, asparage, hops broth of dried peason, with parsely, or hys rootes, small birdes of the fielde, kyddes

fleshe,

fleshe, yonge motton, lambe, chickyns, fesauntes, snites, partriches, scaled fyshe, of swete runnyng water, with perselye, and vineger. Newe layd egges potched in water, are very holesome, and ye may drynke white wine or claret, onely at meales.

Also it is good to vse crosses, sage, ysope mintes, fenell, and persely, succorye, scariole, and bettes, and singularlye, to take fastyng, halfe a sponefull of redde colewortes sodden, and to eate often anyse serdes, and fenell.

The ninth chapter for diseases in the bowels.

IN a person be sixe guttes three smal which are situate ouer the nauil, and three great, whiche are placed vnder the nauyll.

The first is called dudenum, because it is .xii. ynches long.

The seconde is called ieiunum, for that nothyng remayneth in it.

The thirde is called Ilis, because it is long and small.

The fourth which is the first of ẏ great ones, is called monoculus, because it is like a sacke, and hath but one mouthe, & in that

that same sometymes are wormes engendred of ventositye, that causeth payn of the belly on the ryght syde, whiche is not the very cholike.

The fifth they call colon, because it hath many holow places, and it procedeth from the right syde vnder the liuer, and it maketh his reuolucion vnto the lefte syde, wherin is engendred the cholyke, which is dispersed by all the belly, more then by any other disease.

The sixt is called rectum, because it is nye vnto the left kidney, and goeth euen ryght downe in the foundament.

Hipocrates calleth ỹ thre bowels that are next the stomake Ilia, that is to say, small guts, and the payne of one of them is called Iliaca passio, a very sharpe payne. Rasis calleth it domine miserere. Likewise also colica passio, is called of the gutte colō, whiche .ii. diseases are sisters, forasmuche as thei come oftentimes both of one cause ỹ is to say of the oppilacion of the bowels. Remedy for the cholike, & of Iliaca passio.

FOrasmuch as those diseases are exceedyng eygre, sharpe, & almoste importable of peinwherof many times

soroweth

foloweth defeccion of the strēgth, with varietie of medicines, ye ought incontinently for to help them.

First when the said paines come by ẏ stoppyng of the belly, ye muste geue hym a glister mollificatife, made of the decoccion of malowes, violets, beetes, anise sede, and fengreke, with cassia, and common hony, and oyle oliue, and afterwarde the herbes of the saide glister brused and fried and laide hote betwixt. ii. linnen, & applyed to the belly.

And if by this meanes the payne ceasse not, let the paciente sit vnto the buttockes in the said decoccion, and after with dialthea and butter, annoynt the nauyll. And if the saide glister do not worke sufficiētly make another of thesame. or els geue him a suppositorie which is lōg ynough, made of pure hony, and sal gemme.

For the windy cholike.

Through windynes oftentymes commeth the colica passio, or iliaca, and then it appeareth that the paine is chaungeable, and mouing from place to place, and is knowen also by the rumblyng, which is a noise in the bowels, with grippyng, & great payn.

payne.

Remedy.

Take mallowes, beetes, and mercury, of eche a good handfull, maioram, rue, bayes, and camomill, of eche a litle handefull, anise sedes, cummin, of eche an ounce make a decoccion, and take therof a pynte and a halfe, and dissolue in it an ounce of cassia, halfe an ounce of triacle, and three ounces of oyle olyue, or of camomill, and make a glister, the whiche must be geuen warm vnto the pacient, long before or after meate. In stede of the said glister, ye may geue him a pounde of oyle of linsede, whiche is a singuler thyng to take awaye all diseases of the belly. Also it is good to make a mixture with oyle of hempesede.

For to appease the payne caused of wynde.

First make a glister of malue sayre, oyle of camomill, or dyll. If for the said glisters the payne cease not, or els the pacient wyll not take them, take a great sponge or els a felt of a hat, and stepe it in wine of the decoccion of rue, camomil, maioram, anise sedes, and cummin. And afterwarde lay it vpon the payne, as hote as the pacíete can

suffer

99

suffer, and .iiii. tymes in the daye it is good to let hym drynke wyne, wherein hath ben sodden rue sedes, carawaies, and cummin. Drynke at euery time a litle draught, and eche daye kepe abstinence from eatenge & drynkyng muche of other thynges tyll ye be perfectly hole.

A suppository for the windy cholike.

TAke a dramme of rue, in fyne pouder, and half a dramme of cummin dryed and poudred, & with hony scũmed, make a suppository.

A plaister for windy cholyke.

Take two handfuls of rue, in fine pouder, myrre, and cummin poudred of eche halfe an ounce, foure egges yolkes, and make two plaisters with hony, and laye on the one at nyght, and the other in the morning, vppon the belly.

Water of camomil or a decoction of ỹ same dronken, is good for them that haue suche diseases. Also a dryed akorne in pouder, and geuen to drynke with white wine is very good.

If ye know that the payn of the bellye commeth through winde, apply vppon it a great ventose without incision, for by that

meanes

meanes ꝑ ſaid pain wil ſurely goe awaye, or diminiſh. If not, it ſheweth that there is ſome humours that cauſeth the ſayd payn as fleume or choler. If by fleume it cõmeth ye muſt make a gliſter of a pint of the decoccion of camomill, rue, wormwood, maioram, melilote, centaure, aniſe ſeedes, and fenell, and in the ſame decoccion put halfe an oũce of hiera picra, or half an ounce of diatinicõ, ℥.iii. oũces of oyle of dyl, or of lilies. Alſo ye ought to geue to the pacient ſirupe of wormewood, and to make appliacion vpon his belly as hath bene ſayde afore, or to laye vnto it gromyll ſeede and bay ſalt dryed together, whiche layd vpon the belly, is lykewyſe good for the wyndye cholyke.

If after the ſayde thynges the ſaid payn cõtinueth, ye muſt make a purgacion as followeth.

A purgacion for cholyke, commyng of fleume.

Take fiue drammes of diatinicon, thre ounces of wormwood water and make a drink, the whiche receiued faſtyng, foure or fiue houres afore meate, is very profitable.

For

For payne of the cholike comming of choler.

If the sayde paine commeth of cholere, whiche is knowen when by the applicacion of hote thynges the payn encreaseth, ye muste make a glister of violettes, or geue hym half an ounce of succo rosarum with pitsan, endiue water, or wyne. And ẏ next mornyng let hym drynke a ptisane, of the decoccion of prunes, and violet floures, & annoint the belly with oyle of violettes, or wete a linnen clothe in colde water, and laye it thereupon. If it doe continue styll, the pacient muste be set in warme water vp to the hanches, and yf the payne come of colde, ye must annoynt his bellye wyth oyle of bayes and goosegrece.

For the wyndye cholike.

If it be wynde, make a glister of newe milke with a litle oyle, and the yolke of an egge, for it is very good. Also it is good to lette hym drynke a dranune of hierapicra simplex. with. ii. ounces of water, of cardo benedictus, or purcelane or wormewood, and to make a playster of leeke leaues fryed in oyle and vineger. and layde vpon the belly.

Lykewyse

Lykewise it is good to drinke the luyce of enula campana, or the strup therof, and to wear a plaister vpon the belly, made of hony, wormwod and aloes.

A glister for all colike.

Take ỳ oldest cocke ye can gett, the which must be wel beaten with smal roddes, and then choppe of the head, and put in a good sufficiency of water, and scalde him and trimme him for to seeth. And within the bealy of the saide cocke, put anise sedes, fenel cõmun polipody, and the sedes of cartamy, of eche halfe an ounce, turbith, sene, and agarike, boũde surely in linnen cloth, of eche two drammes, floures of camomill an handful, sieth thẽ vntill the flesh go frõ the bones; and take of the said decoction a pound and a quartron of oile of camomill and dill, and thre or foure ounces of egge yolkes, make a glister, whiche muste bee giuen warme, long before or after meate or drinke.

Pillule cochie ar very good for the said disese, specially when the glister doeth not suffise to pourge the cause of the same.

Also diamusci and diaciminum ar verye good lectuaries, if ye take of one of them

a losenge fasting, two houres before meat. Likewise it is good to take mithridatum, with a litle white wine, or with the decoction of camomil, four or fiue houres after diner, if his belly be naturally lare, or els by some suppository or gliser.

Against disease of the raines of the backe, and the loines.

PAyn of the rains is called nephretica, passio, and cometh of some stone or graueil, and it is moste like vnto the colike in cure, but in causes they be cleane contrary: for the colike beginneth at the lower partes on the right side, and goeth vp to the hurt partes on the lefte side of the bely, & it lieth rather more forwarde then backwarde: but nephretica passio beginneth contrarywise aboue, descendinge downwarde, and euer lieth more towarde the backe.

Also nephretica is painfuller afore meat, and the colike is euermore greuous after. And often the colik chanceth sodeinly, but nephretica contrary, for commonly it cometh by littell and litle, for euermore before, one shall fele paine of the backe with difficulte of vrine. Item there is more difference

ference for the colike sheweth vrines, as it wer coloured, but nephretica in the beginning is cleare and white, like water, & after wareth thycke, and then appeareth in the bottome of the vessel, like redde sãds or grauell.

Remedy for pein of the reines.

YE muste vse thinges aperitiue, to cause you make water, but afore ye ought to loose the belly in takinge an ounce of cassia, an houre before meate: but if your belly bee hard bound, ye must take a glisser made as hereafter foloweth, before ye take the saide cassia.

A glisser for nephretica passio.

Take of marche mallowe rootes two ounces, mallowes, violettes, beetes, and march mallow leaues, floures of camomil and melilote, of eche a handefull, mellon seede and anise seede of eche halfe an oũce, wheat braune an handful, & decoct it, and take therof half a pound, and distempre in it an ounce of cassia, and an ounce of course suger. ii. oũces of oile of violets, and an ounce of oile of lilies, make a glisser.

In stede therof ye may take cowes milke, with two egge yolks, in maner of a glister. And it is to be noted, that in suche a disease the glister must be great in quantitie, or els ye shulde make wrestinge and rumbling in the bebly, whiche shuld be an occasion of more pain. After this operatiō, if the paine be not apeased, ye muste giue an other glister, after the operation of whiche, the pacient ought to go into some bath, vp to the nauil, wherin muste be sodden mallowes, marche mallowes, beetes, pellitory, linseede, fenugreke, and flources of camomil, with melilote, al put in a bagge in the saide water, and rubbe him with it: and at his going out of the said bath, ye must take. ii. ounces of sirupe of maidenheare, and radishe with. iii. ounces of the decoction of liquirice. Moreouer, after the saide bath, ye must lay vpon the paine, a pultes made of herbes, and floures, with oyle of almonds, being in the saide bagge, and. ii. or. iii. mornings, take. v. or. vi, ounces of the broth of cicers, sodden with likorice, or elles drinke water of pellitory, of cresses, or of rotes aperitiue, the whiche waters ar very good for to purge the gra-

uel

uell and the stone Likewise a very good electuaryr for the same, called electuariū ducis, or iustinum, philantropos, or lion-tripō if one take a dram or two after operation of a glister, of cassia, or a pill of ante cibum, and after to drinke one of the saids waters, or elles a litle whit wine warmed.

Regiment aswel for the colike, as for the reines of the backe.

HE must flie from all euill qualities of the aire, as winde, rain, greate heate, and greate colde, specially to kepe him from warmig the reins against the fire, nor to heate it by any other meanes. Also he must abstaine from greate repletion at one meale, and to long abstinence from meat, for all these fill the body full of yll humors. Also sleape not on the daye, specially after meate, nor lye not on the reines when ye are asleape.

And ye ought to eat no saltfyshe nor no bief, nor other grosse meats. Likewise one oughte for to beware of all foules bred vp in the water, spicery, pastry, and bread not very well leuened, specially tarts, cakes,

and other paſties made of flour. But aboue all, ye muſt beware of white meats, as milk, cheſe raw frutes, hard egges, and aſmuche as is poſſible, kepe your ſelf from ire, enuy, melancoly, and other like affections.

For the flur of the wombe.

In all flures of the belly, cauſe the excrementes to bee duely ſerched for if the diſeaſe bee ſuche, that the meate cometh out, euen as it was receiued, or not halfe digeſted, the ſaide flure is called lienteria. If greate abundance of watery humours haue their iſſue belowe, the ſaide flure is named diarthea, which is as much to ſaie as flure humorall. And if bloude or mater appeare with the excrementes in the ſickenes, then they calle it diſſenteria, which is a great diſeaſe and a dangerous for to cure.

Remedy for the flure lienteria.

Forasmuch as this flure cometh for the moſte part of greate debilite of vertue retentiue of the ſtomake, for the great moiſtneſſe of the ſame, it is good to giue the ſirupe of wormwood and hony of roſes, taking of it with a ſpone, or drink

them

them with the water of betony, fenel, and wormwood, and if it so be the pacient doo desire to vomite, it wolde be good for him, or let him take half an ounce of hiera simple, with two ounces of water of wormewood, and if the pacient be strōg ynough, adde thereto two drammes of diasinicon. And after this ye muste cōforte the stomake with oyle of mastike, spike, minte. wormewoodde, or nardine, or with a plaister called cerotum Galeni, spread vpō lether, and after laide vpon the stomake, or make a bagge of woormwood, mintes, and maioram dried, and lay it vppon the stomacke. In the morning take a lozenge of aromaticum rosatum, and a littell rinde of citron cōfit, and before euery meale, take a morsell of conserue of quinces.

Remedy for the flure humorall called diarthea.

The saide flure ought not to be restrained afore the .xiiii. daye, if nature be not verye muche enfebled. And somtime it cometh of hot causes, as of choler, & then one ought, to giue

vnto the pacient to drinke afore his meate sirupe of ribes, sirupe of roses, or sirupe of quinces, verye smithes water, and in the steede of those sirupes ye maye make a iulep thus.

A iulep for the flure humorall.

TAke rosewater, buglosse, and plantaine, euery one half a pound, of all the saunders two drammes, and with a quartron an half of suger, make a iulep. In the morninge two houres afore meat, it is good to giue the pacient old cõserue of roses, or a dram of troscisses of roses, after he hath dronke one of the saide sirupes, or of iulep of roses with a litle of smiths water, wherof the pacient ought to drink at euery time when he is a thirste.

If in the saide flure ther be egre matter, and the strength of the pacient any thinge constãt, ye may minister the lauatorie that herafter ensueth.

Take redde roses, barly, plantain, of euery one a handfull, sieth them, and in the streining adde two ounces of oile of roses one ounce of hony of roses, and the yolke of an egge, and giue it in the maner of a glister. Sometime it is expedient to take a

medicine

medicine by the mouthe, and it is made as thus.

A medicine for the flure.

Take the rindes of mirabolan citrin baken one dramme, rubarbe a litell dried vpon a tile, halfe a dramme, sirup of quinces one ounce, water of plantain. iii. ounces, mingle all togither, and let the pacient drinke theim foure houres before meate, and thā giue him a glister retentiue made as thus.

A glister for the flure.

Take oile of roses, of quinces, of mastike, of euery one three ounces, bole armoniake in pouder. ii. drams, medle all togither, and giue it as a glister.

An other.

Take the iuice of plantain, of poppy, of bursa pastoris, and oile of quinces, of euery one. iii. ounces, mingle theim togither, and giue it for a glister. And if the bowels be exoriat, ye shall giue this perculiar remedy. Take half one pounde of milke, the water wherin gaddes of stele hathe ben quenched, the iuce of plantaine, and oile of quinces of euerye one. ii. ounces, bole armenie one drame, goates tallow one oūce

and

and make them in a glister, but without vpon the stomake, ye muste laye this ointment that here foloweth.

An ointment for the flure.

Take oiles of roses, quinces, and mirtilles, of eche an ounce, oile of mastik halfe an ounce, pouder of corall, and nuttes of cipresse, of euery one a dramme, mingle al with ware, and make an ointment. Here is to be noted, that the glisters that are giuen for to stoppe a flure, muste be very litle in quantitie.

Ye may heale the flure of dissenteria with giuing thinges before declared for the flux humorall, and take afore youre repaste .ii. drammes of cõserue of quinces, or of marmelade of quinces. And he ought to drinke water, wherin harhe bene quenched gaddes of stele, and ye muste auoide diuersitie of meates, and giue your selfe to ease, and to quiet and sleape a great while.

And it is good to vse grewel, clene barley, and almõ milke, with a litle amidum, and set ventoses vpon the belly without cutting, whiche thinge is also good in all flures of the body. If the said flure humorall procedeth of fleume, it shall appeare of the

excre-

excrementes that are watry and flegmatike, and than ye ought to geue.iii. oz.iiii. mozninges, sirupe of woozmewood, oz of mint, after purgacion as is here folowig.

A purgacion foz the flure humozall.

Take.ii.dzammes of mirabolanes dzied on a tile, half a scrupule of agarike in trocisike, halfe an ounce of sirupe of mint, oz. ii.ounces of water of bawme, and make a pociõ that shall bs receiued.iii.oz.iiii daies afoze meate.

If ye will make a iulep, take water of minte, and of bawme, of euery one halfe a pound, suger a quarterne and make a iulep, of the whiche one mayr dzinke euening and mozning after meat euery time a dzaught. Euery mozninge it is good to take a lozenge of the electuarye that followeth.

A noble electuary foz the flure.

Take pouder of dyagalanga a dzamme and a halfe, of redde cozall and mastike, of cucrye one a scruple, trocisikes of terra sigillata halfe a dzamme, the barkes

barkes of citrons confit, and quinces, of euery one thre drammes, suger, dissolued in water of mintes. viii. ounces, make an electuarie.

Oiles of wormewood, mintes of narde, and mastike, are very holsome to annoint withall the belly, and the stomacke, for the said flure.

And the thinges declared of the flure lienteria, be very good in this case, taking euer after meat, a morsell of marmalade. Redde wine is very good in this flure, to drinke at meat with the water of a smith, and likewise al spices are good for thesame purpose.

Medicines to restraine the flure, of whatsoeuer cause it be.

TAke the pestill of an harte, and drie it into pouder, and drinke it. The water of oken buddes, or the very acornes dried and made in pouder, & dronke in redde wine, is very good.

Item the mawe of a yōg leuerette with the iuice of plantaine, is exceedinge profitable.

The tenth Chapter of diseases of the matrice.

First

FIrst against superfluous flux of the mother in the whiche ye must consider whether it do com of to great quantitie of bloud, & then it is good or to open the veine saphena, and abstaine from all thinges that multiplie the bloud, as egges, wine and flesh. Or whether it cõme of cholere, and then ye must receiue a litle sirupe of roses pomegranates, or ribes with water of plantain. Than purge the choler that giueth such sharpnes to the bloud, by .x. drammes of trifera sarracenica, with two ounces of plantain water, or the medicine of rubarbe, written in the treatise of the flure humorall.

After purgacion ye may giue euery morning a lozẽge of trisandaly, or a drãme of trescisses of roses, in pouder, after drinke two ounces of plãtain water. And if suche flure of the matrice, happẽ of the watrines of bloud, giue her to drink foure or .v. morninges, hony of roses with a litle water of wormwod, afterward purge her w̃ a drãme and a half of agarike in troscisses, and half an ounce of trifera sarasenica, mixt w̃ water of minte, and of wormwood.

Ye maye knowe the causes of the saide flux,

flure, by annointing a threde or cloute in the saide blood, for if it hath the coloure of vermilon, it signifieth that the flure commeth of to much blood. If it appere a litle yelowe, it signifieth that the disease commeth of the subtilitie and sharpnes of the blood, ouercom with choler. And if it hath a colours lyke the water in whiche newe flesshe is washed, it betokeneth the blode is muche watry.

And after ye haue purged the principall cause of the disease, youre seconde intencion shalbe, by and by to staunche the saide issue. Wherin also one thinge is to be noted, that if nature be accustomed to auoide any superfluites, by cõtinual course of thesaid flux, it wold perchaunce be inconuenient for to stop it, wherfore if ye see no ieopardie, ye may restraine the said flux this wise.

Remedy for to stoppe the said flux.

Take trocisses of white amber, and make them in pouder, and giue a dramme euery morning, and anon after drinke an ounce, or .ii. of water of plantaine.

In stedde of these trocisses, ye maye make

make a pouder of sanguis draconis, bole armeni, white amber, and red corall, drinking one dramme thereof, with plantaine water as is aforesaid.

An other medicine to staunche the saide flure.

Take two ounces of olde conserue of roses, of the seede of plantaine, two drammes, sanguinis draconis, bole armeny, of euery one a dramme and an halfe, white corall and redde, and one dramme, make a confection with sirupe of mirtilles, and geue it to drinke, morning and euenings two houres afore meate, at euery time the quantity of a meane chesnutte.

For thesame.

Applie ventoses vnder the breastes twise a daye, before dinner and supper, and vse to beare about your necke or holde alwaies in your hande, red corall, taspis, or a stone called hematites, whiche is a singuler remedy for to stop euerye kinde of bloudy fluxes yf it be born, or tempred in wine and dronke, or make therof a pouder and vse of it euery morninge with a litell wyne.

For

For reteynyng of the flouers.

Somtimes there chanceth vnto women when they can not haue their due purgations, to fall in greuous kindes of sicknesses, for the auoidāce wherof, it is good to helpe them and prouoke the said purgations by such thinges as open, which must be giuen at suche time of the moone as the said women were wont to haue thesame.

And if ye see the womans bloud to be to grosse and thicke, so that she can not haue any suche purgacion, ye muste euery moneth geue her the sirupe of fumetory, with the decoctiō of borag and buglosse, and let her bath her selfe with freshe water hoat.

And when she goeth out of the bath in to the bedde, she muste receiue the forsaide sirupe and decoction of the herbe called rubea tinctorum or madder, sodden in cleare water. In steade of sirupes ye maye take the verye iuyce or decoction of the herbes.

And if the womans blonde be slimy, cold, & flegmatike, thē she must drinke sirupe of sticados, & of orimel diuretike, & afterward take ỳ pilles called fetide, & of agarik. And

euery

euery morning after that, she must take a dramme of troscikes de mirrha with two ounces of the decoction of iuniper berys, or two drammes of dritera magna, and there vpon drynke two ounces of water of Mugworte.

And if perchaunce ye cannot haue these thynges at nede, ye may take two ounces of the decoccyon of alysaunders the roote of smallache, cynamome, and a litle saffro and lether drinke therof two tymes a day and eate no meate therafter during foure houres.

Moreouer it is proued and experte medicine, to gene the first day of the newe mone a dramme of pouder made of borax whiche the goldesmythes doe occupie with asmuch cinnamome, and a lytle water of smallache

Also it is verye good to haue the veyne vpened, which is called saphena, that lieth outwarde betweene the inkeppe and the hele.

And if case so be that the sayd retencion come of superfluite, or to much abundace of fat, then ỳ chef remedy is to suffer much hunger, & to eate very litle, much exercise

J.i. and

and labour to prouoke sweate, and to slepe as litle as may be possible.

But if it come of great debilitie and weakenesse of the body, when the naturall strength is ouercome by reason of some sickenes, or after a longe agne, in thys case ye may not goe about to prouoke the sayd purgacyon, but wyth all youre endeuoure seke to restore nature and geue the pacyent thynges of muche nourishmente as potched egges, good flesshe, and good wyne, wyth other lyke.

Sometyme the sayed retencyon commeth of the exceslyue heate of nature, in some women, specially such as be baliante and strong as men, and those ỳ are wonte to muche labour, by reason wherof the heate of their bodyes is so strong, that thei nede none of the sayed purgacyons, for ỳ superfluites of theyr bodies, ar sufficyently consumed of the heate alone, therefore they haue no nede of the sayed remedyes.

For chokyng or suffocatyon of the matrice.

The matrice or mother in a woman oftentymes mounteth vp towarde the mydrefe and the stomake, wyth

intolle-

intollerable payns, and is called suffocacyō, because that it is choked, or ouer charged wyth some euyl and superfluous matter, as by stoppyng of the due purgacyons or to muche abstynence of Venus, where by is often chanced shortnesse of breath, payne of the heade, swounyng, trembling of the hearte, contraccyon of members, & othe rwhyles death wythout remedye.

A medicine for the sayd dysease.

Ye must rubbe the legges and wyestes of the armes vehemently, and bynd them with cordes or with garters, tyll they ware sore, then set ventoses vpon the legges, and all to chafe the stomake specyally benethe rounde about the nauyll.

And then ye muste constrayne her to smell stinking thinges, as alla fetida, galganum, partriche fethers brente, and the quenchyng out of candels, with other such but benethe, ye must applye thynges of swete odour, as gyloflours maiorām, lignum aloes, amber, ciuet and a troseishe of gallya muscata, and lette her drynke a draught of thys receite that foloweth.

A drinke for paine of the mother.

Take one draught of mithridatum, and dissolue it in an ounce and an halfe of water of wormwodd, and giue it to her to drink, afore she go to meate foure hours.

Diuers goodly medicines for diseases of ỹ mother whatsoeuer be the cause.

Take the rasyng of iuory, and the rasyng of an hartes horne, with the heare of an hare, dryed and made in pouder, and al much of goates clawes brent and pouded if they may be gotten, or in stede of it shepes clawes, take al these and vse to eate thē in your porage or otherwyse, to stoppe the flures of the matrice.

An other to prouoke them.

Seth marygoldes, nept and sauine in good ale, and drynke it with a good quantitie of saffron, and a litle hony or suger.

Item. rb blacke sedes of pionie, dronkē in wine with saffron, purgeth the matrice of humours, and other. rb. of the red sedes stauncheth it agayne, or any other flure of the mother.

An other.

These

These herbes are good to purge the matrice, Rue, pyony, sauyne, betony, nepte valeriã, mayden heare, horehounde, sauery, percely, gromel, alisander, marigoldes smallache and tyme.

The.xi. Chapter of the cure of the stone in the reines, and in the bladder.

Paine of the stone is one of ỹ masse enormous paynes that the body of man is vexed wyth, for by it many tymes the naturall vertues are destroied, womẽ lose their fruite afore the tyme, cruell and perillous accidentes commonly do encrease, yea and oftentymes death without remedy.

Wherfore it shalbe expedient to the cõfort of the poore folkes, and other that be greued, to wryte some good and holsome medicines for auoyding of the stone.

And seeyngs that all authoures doo affyrme the stone to bee engendered by reason of the greate heate that is aboute the reynes, stratnesse of the condytes, and aboundannce of grosse and slimye fleume or of hyente choler, whyche by the sayed

receâlle of heate, is as one would saye, baken or dryed as clay is in the fourneis, & so at last becommeth an harde stone, there fore it is chiefely to be noted that without amendyng of the forsayed causes, all that ye do minister for to breake the stone is either hurtful to the pacyente, or els of smal effecte. For the whyche cause it is verye necessary that the pacient kepe a sober diete.

And for the better understandynge ye shall knowe, that all wynes whether they be swete or sharpe, grosse or subtyll, white or redde, are in thys case vtterlye reiected.

Pulses also of what kynde soeuer they be, as pease, beanes, and suche, and all grosse flesshe, and waterfoules, and foules of greate bodyes, as bustardes, cranes, & such lyke, are in thys case very dangerous and noysome.

Also ye may eate no kynd of fruites, excepte it be a fewe melons, rype prunes, in small quantite, and pomegranades, wyth a lyttle suger and corianders.

Of herbes ye may eate borage, buglosse, percelye, lettuse, myntes, spynach and succorye in broth of veale, or of a yonge chicken.

ken. Nepes also and rapes and radyshe, in a small quantite, maye bee well inoughe permitted.

Potched egges are verye good in thys case, with a lytle veriuyce, but in any wyse beware of harde chese, for that is oftentymes the only cause of the sayd stone. All shell fishes are to be auoyded excepte it be a creuisse, or a shrimpe, measurably taken.

Ye must also take hede that ye eate no pepper, nor hott spyces, nor no meates ẏ are falt, soure, or heauy of digestyon, and that ye lye not on your backe on nightes when ye are a slepe. And ye ought to kepe your raynes colde and moyst, and to lette your backe be vntrussed in the sommer.

After ye haue vsed thys regymente or dyete by a certayne season, it shalbe good for you to take an ounce of cassia newlye drawen out of the cane, and eate it wyth a litle suger in the mornyng.

Thys ye muste vse euery second weke, tyll in tyme your raynes be metelye well cleansed of the same, and euerye day eate a litle cassia, vpon a knyfes poynte, to kepe your belley moyst: for that is one of the thinges ẏ are moste required in the sayd cure

And at dyuers other tymes when ye be disposed, ye maye take a litle of thys receit hereafter, whiche hath greate vertue to mundifie the reynes, and to bring the humoures to equalitie, wyth releasynge of the payne, and bryngyng out the grauell.

A goodly syrupe to mundifye the reynes.

Take the brothe of a younge chicken sodden till the bones fall a sonder, three pounde, melon seedes a litle brused an ounce parcelye rootes, and alysaunder rotes three ounces, damasko prunes, sepesten, of eche. vi. in number, greate raysyns halfe an ounce, cleane licoryce tenne drammes waters of borage, endyue, and hoppes, of eche three drammes, and with suffycyente whyte suger, boyle them all vnto the consumpcion of the halfe & more, and afterwarde streyne them, and make a goodly sirupe.

This is a thing of excellent operacion, and an hye secrete in mudyfyinge of the reines if ye slepe ẏ diete as is afore described. The dose of it is one cloth or a litle cup ful in ẏ mornig early, & slepe after it a litle If ye wold haue ẏ forsaid sirupe to purge

more choler, then put in it a dram of fyne reubarbe, with a litle cassia.

Hereafter foloweth a pouder of excellent operacion in breking of the stone.

TAke ẏ kernels that are within sloes, & drie them on a tile stone, thē make of them a pouder by it selfe: after that take the rootes of alisandre, parselye, parietarie, and hollihocke, of euerye one a like muche, and seeth them all in whyte wyne or els in the brothe of a yonge chycken, then strayne them out into a cleane vessell, and when ye drinke of it, adde as muche of the sayde pouder as ye think cōuenient, halfe a siluer sponefull or more, for without doubt it hath great effecte in bringing out the grauel.

An other expert medicine for them that haue the stone.

There groweth in the galles of some oxen, a certayne yelowe stone, some tymes in bygnesse of a walnutte, somewhat longe and bryttle. If ye take that stone and make of it a pouder, and eate it in youre pottage, the weight of one scrupule or more accordyng to your strength,

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And at dyuers other tymes when ye be disposed, ye maye take a litle of thys receit hereafter, whiche hath greate vertue to mundifie the reynes, and to bring the humoures to equalitie, wyth releasyng [illegible] the payne, and bryngyng out the [illegible]

A goodly syrupe to mun[illegible] the reynes.

Take the brothe of a ye[illegible] sodden till the bones fall a[illegible] pounde, melon seedes a [illegible] ounce parcelye rootes, and [illegible] tes three ounces, dama[illegible] pesten, of eche vi. in number [illegible] syns halfe an ounce, cleane [illegible] drammes waters of borage, [illegible] hoppes, of eche three drammes, a[illegible] suffycyente whyte suger, boyle them [illegible] unto the consumpcion of the halfe & more, and afterwarde streyne them, and make a goodly sirupe.

This is a thing of excellent operacion, and an hye secrete in mudyfyinge of the reines, if ye kepe ẏ diete as is afore described. The dose of it is one cloth or a litle cup ful in ẏ mornig early, & slepe after it a litle. If ye wold haue ẏ forsaid sirupe to purge

more choler, then put in it a dram of fyne reubarbe, with a litle cassia.

Hereafter foloweth a pouder of excellent operacion in breking of the stone.

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An other expert medicine for them that haue the stone.

There groweth in the galles of some oxen, a certayne yelowe stone, some tymes in bygnesse of a walnutte, somewhat longe and bryttle. If ye take that stone and make of it a pouder, and eate it in youre pottage, the weight of one scrupule or more accordyng to your strength,

it

is is a singuler medicine to them that can not pisse for stoppyng of the conduytes.

An other singuler medicine for the stone.

Take the sede of smallache, persely, lo-uage, and saxifrage, the rootes of philippe-dula, chery stones, gromil sede, and bronne sede, of euery one a like much, make them in fine pouder, and when ye be diseased wt the stone, eate of this pouder a sponefull at once in pottage, or in brothe of a chicke, and eate nothyng after two or thre houres.

The xii. chapter of rauen-dyes for the goute.

The payne in the ioyntes of a mans bodye, as in the handes and feete is generally called arthritis, or goute, which proceedeth sometyme of debilitye of the sinewes beyng lashe and vnable, to consume the humours, that contynually do flowe vnto them.

And for the moste part they are all de-riued from the member mandant, that is to saye, the brayne, for he is very grosse, & engendre theym humours in hymselfe, by reason wherof, muche of the foyd humors

are

are deriued into the nuke and muſkels of the back, and fro thence they deſcende into the fecte, and then it is called podagra, or to the huckle bone, and then it is ſciatica, or els into the handes, and there it is chiragra.

Remedy.

For as muche as al the ſayd kindes cõmeth of one beginnyng, as is ſhewed afore, and for the better expedicion in that we will be briefe: ye ſhall firſt take awaye the ſuperfluous moyſture of the brayne, whiche is the roote and fountayne of all the ſaide diſeaſes, and that ye maye doo foure maner of wayes. The firſte is obſeruaunce of diete inclinyng toward dryneſſe, and to auoyde all fulneſſe of meate and drynke, and not to ſlepe in anye wyſe ſhortly after meate. And ye muſte beware that ye eate no vaporous meates, nor thin wyne, nor drynke muche after ſupper. And if perchaunce the payne bee verye ſharpe, it ſhalbe much holeſome to the patyente, to abſtayne from all kyndes of wyne, & to vſe himſelfe to ſmall drinke, which thynge if he can not doe, then let hym drynke claret wine mixed with a good quantitye of water.

The

The seconde is to purge the brayn once a moneth, with the one halfe of pilles of cochies, and an other halfe of pylles assagareth. And in time of harueſt, and of sõmer, with piles fine quibus, and pilles imperial, wherof ye shall geue one dramme ye night before the full mone, and the day folowyng ye may geue hym to eate a lyttle broth of cicers, with a litle quantitie of raisins of the sunne.

The thyrde is to repreſſe the fumes that ascende into the brayne after meate, whiche thyng maye well bee done by eatyng of a litle dredge, made of anyse seede and coriander.

The fourth is to perfume the brayne with certaine thinges confortatiue, as for example thus.

A good perfume against moystures of the brayne.

Take fyne frankensence, sandrake, and masticke, of euery one an ounce of lignum aloes a dramme, make them all in grosse pouder, and perfume therw̃ stoupes made of flaxe or of cotten and laye vppon the head.

And when ye haue by this meanes well

well and duely comforted the brayne, and defended of the originall cause of the sayd disease, ye shall procede to take awaye the matter conioynte, that is descended vnto the synowes, and ye shall begynne thus.

First ye must preserue the body from engendryng of humours, in takyng euerye mornyng next your hearte a conserue made of akornes, and of floures of rosemary, mingled with a litle nutmeg and masticke, and if ye be of power, ye maye drinke a good draught of ypocras or other spiced drynke, after meate at dinner and at supper.

Secondarily, ye shall vnderstande, that whosoeuer doeth entende to bee holpen of the goute, he muste euerye yeare bee pourged twoo tymes, preparyng first the matter to digestion with sirupe of fricados, and duabus radicibus, wyth the one halfe of waters of sage, prym roses and margerem, in maner of a spyced iulep with cinamon, taken fiue continuall morninges. ii. houres afore ye eate anye other meat. And after ý, ye must receyue a dram of pilles called arthretiks, or hermodactiles, or of both together egal porciõs.

Of

Or take halfe an ounce of diacartami two houres after night, and of diatyrbith, of euery one two drammes, with a litle sirupe of ysope.

The rest of the sayde curacion shall bee accomplished with the applying of dyuers locall remedyes, whereof there be soundry kyndes and sortes here declared.

Ye ought to rubbe the place that is sore with oyle of roses and a litle vineger, and after sprinkle vppon thesame fyne pouder of mirtilles. An other plaister also as hereafter followeth.

A plaister for the goute.

Take of the emplaister called melilote, two ounces populeon an ounce & a halfe, redde roses, murtilles, and floures of camomill, of euery one a dram make a plaister and laye vpon the gouty ioynt.

An other.

Take the iuyce of colewortes & of walworte, and with beane floure, and pouder of redde roses, and the floures of camomil make a plaister and lay it to the sore.

An other.

Take oyle of roses, crummes of bread yolkes of egges, and cowes mylke, wyth a litle

a litle saffron, seeth them together a litle as ye woulde make a puddynge, afterwarde spreade them vpon cloutes and laye vppon the sore. An other.

Make lye of the ashes of rosemary, or of oke, or of beane stalkes, and boyle in it sauge, ingleyne, primrose, camomyll, and melilote, and receyue the fume vppon the sore place, or wette cloutes in the sayd decoccion, presse them and lay them vpon the payne.

All the sayd remedies are very good to swage the payne of the goute, after the whiche done, it is necessary to goe aboute the comfortyng of ioyntes and synowes, and to that intent ye maye apply the grese of pyes, oyle of camomyll and of althea or holyhocke, oyle of a fore, oyle of earthwormes, oyle of prymroses, turpentyne, oyle of gromel brayde, wherwithall, or with one or two of them ye maye annoynte the sore place, and comfort bothe the sinowes and the ioyntes maruevlously. Also thys oyntment that foloweth is singuler good for thesame purpose.

Take fiue or sixe handefulles of walworte, and seeth therym well in wyne, then

then straine them, and with a litle ware, vyle of spike, and aqua vite, make an ointment wherwith ye must anoynt the place morning and euening euery day.

An other oyntemente for the goute.

Take a fatte goose and plucke her and trimme her as if she should be eaten, then stuffe the belly within with two or three yonge cattes, well chopped in small gobbets, with an handfull of bay salte, then sowe her vp agayne, and let her rosse at a small fier. and kepe the dripping for a precious oyntmente agaynste all kyndes of goutes, and other diseases of the ioynts.

Medicynes for the goute appropriate in all cases.

Take cowes donge, and seeth it in sweete mylke, and laye a playster to the goute hote.

Also the yolkes of egges, womans mylke, lynseede, and saffron all together in a playster, swageth the diseases of the goute.

And yf ye be dyspoled to breake the skynne

skinne, and to lette the humours issue (as by suche many one is ealed) ye shall make a litle playster of blacke sope, and aqua vite, whiche wil blister it without any great payne.

Also verye olde harde chese cutte and sodden in the broth of a gambon of bakon and afterwarde stamped wyth a lytle of ỹ broth, and made in maner of a playster, is a singuler remedy for diseases of the gout and was first practised of Galene ỹ prince of all physicions.

A prayer to God for helpe, agaynst the perturbacyons of the minde.

O Lorde my God, almightie father and ruler of my lyfe, my health, my strength, my redeemer, and protectoure, send into me the heauenly beames of thy holy spirite, to illumine the darknes of my synnefull hearte, and to guide me to thy holy place. Shew me the light of thine aboundaunt mercye (O Lorde) that I may no longer slepe in deadly synne. O onelye father of lyghte whyche in verye dede doest

lyghten euery mā that commeth into this worlde, for thy great mercies sake it maye please thee, to lighten the eyes of myne hearte and to endue me with the spirite of grace, that I maye loke vpon myne owne synne, the greate offences where wyth I haue offended thee, and to knowe that in my selfe there is no maner strength, for to withstande the death, but onely thrughe thee. And I beseche thee, O Lorde, to couer these my carnall eyes, ỳ they see no banitie, and geue me thy grace, that I fall not into concupiscence, to thende I maye eschewe all euil thynges, & geue my mind holy to the obseruacion of thy commaundementes. Lord God I beseche thee, that synne may nether raigne nor tary in me, and that I be not subiecte to mine owne fleshly appetytes, but that I maye expell out of my thoughtes al vnlawful lustes, so that my soule and alwy mynde may be set holy vpon thee. Lord God suffer not my soule to be oppressed, but receiue me into the protection of thy holy hande, and despyse not me thy symple creature, whō thou hast redemed with the precyouse blood of thyne onely sonne Iesu Christ. Thy mercy, O

cy, O lord is aboue al that thou hast made for thou wylt defer the punishments of the wicked, if perchaunce they would amende at last, thou louest all that thou hast made and hatest none but for their owne iniquities. And when the wycked turne agayne to thee, and cry vnto thy holy name wyth al their hearts, by and by thy mercye is ready to receiue them, euen as I moste detestable synner come wyth heart contrite vnto thy mercy this day: that I maye obtaine remission of my sinnes. To thee I crye oute of the very depth and botome of mine heart, gooe not awaye from me my maker and redeemer, but heare the supplicacion of my praier. For thou arte myne onely hope and myne enheritaunce in the lande of liuers. I haue sinned, I haue sinned (O Lorde) and heaped vp iniquitie, euen agaynst heauen, and afore thee.

But I knowledge mine offences, and desier mercye accordinge to thy goodnesse. Destroie me not (O Lord) among sinners, nor lette me not descende into the lake of deathe, that I vnworthy creature beeinge made worthie onelye by the bountefulnesse of thy grace, maye from

henceforth lyue in thy cōmaundementes, loue, honoure, and praise thee. For al heauenly powers, angels, thrones, and dominacions, laude and prayse thy holye name worlde wythoute ende.

Amē.

¶ Thus endeth the Regimente of lyfe.

Here beginneth a godlye byefe treatise of the Pestilence,

with the causes, signes, and cures of the same: composed and newly recognysed by Thomas Phaier, studious in Philosophie and Phisike to the ayde, comforte, and utilitie of the poore.

¶ To thee good reader a preface of the authoure.

After that god almighty father and creatoure of al thynges, hadde by his vnsearchable prouidēce ordeyned mankynde to eternall felicitie, and ioy at the begynnynge, he thoughte it not prought to haue created hym of nothynge, a bodye moste excellente perfecte and pure bothe in

membres and soules, aboue al other hys creatures here in earth, but also of hys inestimable goodnesse, endewed hym with diuers and sondry giftes of grace, as wit, vnderstandyng, minde and reason, wherby he might not onely (as nere as is possible,) approch vnto hym in the knowledge of his heauenly maiestie (as concernynge soule) but alwell ymagine, searche & finde out, by all maner waies, aydes, comfortes and remedies, wherby also the body might bee saued and defensed, against al assautes of any thyng that shoulde anoie it: so bountious and plentiful are his giftes implanted in oure nature, that of all creatures we mighte haue been the happiest. But after that synne had entred into the world and by synne death (as Saincte Paule saieth) oure corrupte lyuinges haue made vs more corrupte: so that nowe the lyfe wherin we lead here, is not onelye verye pleasaunt vnto the moste of men, and if it be to some, yet it is vncertaine, mutable, and shorte, but to many other, it is exceadyng grieuous, sorowful, and tedious, subiecte to diseases, infortunes, and calamytyes innumerable, whiche for the moste

parte

parte dooe encrease daielie, euer the iuste vengeaunce of God falling vppon vs for oure greate abhominacions, and wythout doubte wil euermore endure, vnlesse we doe repent, and lyue in hys commaundementes. And to passe ouer all the whole swarmes of so manye, bothe olde and new diseases, wherewyth the body of man (alas for our sinnes) is continuallie tourmented and vered, to speake nothynge of these common and familiar infirmities, as lepries, agues, cankers, pockes, goutes, palsies, dropsies, reumes, pthisikes, and other dute of number, whiche as if they had conspyred to fyghte againste Phisicions, canne scantlye be appeased with any cure of medicine, what paine or punishmente canne there bee ymagined to putte vs in remembraunce of oure owne wyckednes cause vs to deteste oure abhominable lyuinges, and to call for mercye wyth lamentable heartes more then thys onelye plauge and scurge of God commonly called the pestilence? Is there any syckenes ye is halfe so violent, so furious & so horrible, as this sicknes is? what disease is there in the worlde so venemous in infectynge,

so full of payne in suffering, so hasty in deuouring, and so difficile in curyng, as the plauge is. And yet are we nowe a dayes so stubburne and so frowarde or elles so drowned in the myre of filthe and carnall appetytes, that we nothynge dooe regard these open and manyfeste tokens of oure condēnacion in the sight of god, but apply our hole studyes to perseuer in our sinnes euer worse & worse: wherfore it is no meruel though the saied disease encreaseth, but rather to be feared, that almyghtye God wyll poure his indignacion vpon vs with some other kynde of plage more vyolente and terryble then the same is.

But to them that dooe repente, and putte their onelye truste in hym, who can dooe but wonder at hyo infinite benignitie and goodnesse, that euen in the middest of all the sayed afflyceyons prouydeth the of remedyes, leaste they shoulde dyspaire: curethe and amendeth, all theyre gryeuous soores, languoures and dyseases: he created medycyne euen oute of the yearthe, and of the wyse manne it shall not bee dyspysed. And surelye amonges

monges all other sickenesse, is there none so daungerous as is the foresayde plague for any man to cure by ye way of medicine, for it turneth it self in so many maner of kindes, likenesses, and fashions, that thei ye are infected, are many times dead, afore it can be knowen that they haue the same disease. Which thyng although many noble and most excellent learned men haue in times past worthely considered, and thereuppon accordynge to their singuler knowledge and industries geuen to them of god, haue wrytten vppon the causes, signes and cures of the sayde disease, so exactly, so learnedly, and with so greate eloquence, and cunnyng, that there semeth nothing either to be omitted, or possyble to be added, to the perfect curacion of the same: and so it would be harde for a man of my slender wit, to inuent the thing that they haue not inuented, muche more in vayne should I go about to write the same thinges that they haue written alreadye: Yet notwithstanding forasmuche as thys disease when it once beginneth, enfecteth none so much as the common people, among whom it is not geuen to all menne,

to vnderstande the foresayde volumes, yf they hadde them present, muche lesse can they get their health by their own ymaginacions or experimentes, specially when almoste no phisicion will vouchesafe to visite any suche infected of the common sort (so great is the daunger of this cruel sicknesse) by reason wherof, the pacients cast themselues oftentymes into despayre, and so many of the poore people, creatures of god, which by good medicines myght wel ynough recouer, for lack of suche knowledge are vtterly destroyed and cast away to the great pitie of al christen heartes cōtinuall ruyne of the common weale, wyth diuers other greuous & huge incommoditits, as is daily seen where the sayd disease raygueth.

I therefore at the reuerence of almightie god, and for the loue that I beare vnto mine euen christen, accordyng to ẏ talent wherwith the lord hath endued me, vnder the correccion of my frendes the phisicions, haue taken out of diuers and sōdrye volumes, of the moste famous authours, that haue most exactly written of the said disease, one peculier, certayne and com-

pendious treatise, addyng thereunto such holesome and singuler remedies as I my selfe haue proued, and know to bee effectual, in curyng of the same. Desyryng god almighty, the onely authour and restorer of all health, so to guyde the hertes of hys suppliantes that the sayde medicines may take effecte in them, accordynge to hys giftes: and as for my labour, I doe nothyng desyre, but the loue and fauoure of the gentle readers, whom I praye God continually to encrease in all goodnesse.

What

What is ment or signifyed by thys worde pestylence.

Pestilēce is none other thig but a venemous infection of the ayre, enemy to the vitall spirites, by a certayne malicious and euill propertye, (& not of any qualitie elementall, that is within it selfe.) For euen as pure triacle is a comforter of life, not because of heate, colde, moistnes, or drynes, but forasmuch as out of all his compositiō ther redoundeth a certayn forme, agreyng to ỹ forme of ỹ vital spirites of our body, so is ỹ foresaid vapour enemy to our natures not for any qualitie, as is sayde before, but for that his proporcion is directe euen cōtrary to our vitall spirites, consisting in ỹ heart, whiche vital spirites, if by the wyl of god, and ordinary diete, be stronger in the pacient then the foresaid vapour is, they driue from the body, and wyll not be infected. And if it happen that the foresayd spirites be weaker then the venim, or the body ful of humours apt to putrefaccion, thē it

it doeth incontinent assaut the lineliye mē-
bers, and except remedy, bryng the bodye
quickly to destruccion. But when we doe
saye the vapour to be venemous, we mean
not that it is a poyson of it selfe in dede, for
then should every creature be indifferent-
ly infected, and none shoulde escape that
draweth in breath: but I call it venemous
for that it is of suche a naughtye qualytye
that it may be lyghtely converted into ve-
nim, that is to say, apt to burnyng and cō-
rosyon, as doe mercurye sublymed, quicke
tyme or ratten bane, or other suche lyke
kyndes of venymes. Thus ye maye per-
ceyue that al the greate daunger that is in
thys dysease, commeth of the noughtynes
of humoures, whyche are made apte to re-
ceiue the sayed vapoures, and not by vyo-
lence of the infected ayre only.

Of the .iiii. rotes, or causes principall
of the sayed dysease, whereof it
dooeth aryse and growe,
and why it raygneth
in one tyme more
then in ano-
ther.

The

The first roote superiour and cause of the pestilence is the wyll of God ryghtfully punyshyng wicked me, of whiche roote the holy scripture treteth in many places, as in Deut. y. xxviii. chapter. If thou wilt heare the voyce of thy lord God, and woorke and fulfyll all his commaundementes, the whiche I commaund to thee this daye, thy God shall make thee more excellent then all the people that bee vpon the earth. &c.

And in diuers other places, he geueth many blessynges to them that keepe hys lawes.

And lykewyse to the people rebellyng and breakyng hys commaundementes, he threatneth manye curses, as where he sayeth.

If thou wilt not hearr the voyce of thy Lorde God, to kepe and woorke all his cõmaundementes, which I commaund thee this daye, there shall come vpon thee these curses, and catche thee. Thou shalt be cursed in the citie; and in the fielde, thy barne shalbe cursed, thy liuing shalbe cursed the frut of thy wombe shalbe cursed, ỳ fruyts of thy grounde shalbe cursed, the beardes

of

of thy sheepe and cattell, shall bee cursed, thou shalt bee cursed at thy commyng in, and cursed at thy goyng out. Also a lyttle after he sayeth: The Lorde shall toyne to thee the pestilence, tyll he hathe consumed thee out of the earthe, to the whiche thou shalt go to take possession. The Lord shall stryke thee with powertie, feuers & colde, burnyng and heate, and with a corrupte ayre. &c.

Also in an other place. The Lorde shall strike thee with the pestilence of Egypte, and the part of thy bodye, by the whyche thou anoydest thy donge with a scab and ytche, and shalt not be hable to bee cured thereof: and let ỳ heauen that is ouer thee, be as harde as brasse by cruell constellacions, and the earth on whiche thou doeste treade, be like yron that euer wasteth, and wareth worse and worse.

There be many other maledicciõs which our lord hath thretned ỳ rebellious people withal, expressed in many places of holye scripture: but these mai be sufficiẽt as touching our intent to shew ỳ many tymes ỳ cause of this disease is the vengeaunce of almightye god, ryghteously punyshynge men

men for their offences.

The seconde rote of the pestylence, whyche dooeth depende of the heauenly constellations.

NOwe that we haue spoken of the fyrste rote superioure, of ẏ whych this dysease procedeth, it is also cōuenient, that we declare somwhat of the seconde rote or cause superioure, that is to wete, of naturall influences of the bodyes aboue.

And ye shal vnderstande, that accordinge to the saying of Marsilius Ficinus (a man of excellente knowledge and no lesse learnyng) in hys boke De triplici vita, and in an other whyche he writeth also of the pestylence: that among all other heauenlye bodyes, there be .ii. bodyes called euill and malicious, that is Saturne and Mars, whyche oftentimes by their vnholsom influences are cause of manifolde infirmytyes, specyally of the pestylence. Saturne throughe colde, and Mars by excesse of heate. Saturne throughe cold, is the cause of reumes, of the lepry called elephancya,

and

and al diseases cōmig of cold mater. Mars by reasō of his heate, brigeth forth feuers pestilēcial, spittig of bloud, water vnder ẏ midrief, & the pleuresy, ẏ which is a disease engēdred lyke an apostume of choleryke matter i a thick pāicle, or slime vnderneth ẏ rybbes. A prouident phisiciō amōg many other thinges, ought to cōsider ẏ entrig of the sūne into Aries, by true equacyō of the houses & planets, for ẏ influēce hath more dominaciō thē haue al ẏ other influēces of ẏ hole yere besyde, except ẏ superioure cōiunciōs of ẏ plāets, or els sōe great eclips. And this entring of ẏ sūne into Aries, passeth al ẏ entriges of ẏ sūne into any other sygne. Therfore you must consyder how ẏ lord of ẏ vi. house in ẏ figure is disposed, for he is lord of sicknes, ẏ is to saye, you must cōsider whether he be impedit or no, & if he be impedite, there shalbe many sicknesses, accordig to his nature & his house, ẏ is the vi. house, as bi exāple thus. But in case that Saturne be ẏ Lord of the. vi. house, & some earthy sygne is in ẏ sāe house, thē most cōmōlie ẏ sicknes of ẏ yere, shalbe of lyke nature, ẏ is, cold & dry. And ouer this ẏ muste cōsider, whether ẏ the lorde of the. vi. house

hath any aspecte wᵗ the lorde of ẏ house of death or ẏ lorde of ẏ house of death to hym, thē moste cōmonly the ende of those sickenesses that are colde and dry shalbe death.

And likewise as it is declared of the entryng of the sunne into Aries, so it must be sayd of the conjunctyons of the sunne and moone, throughout the yere, marking euer the nature of the planete beyng in the. vi. house, if there be any, and the aspectes to those two houses aforesayed. &c.

Also he muste consyder, whether thys entryng of the sunne into Aries, or any of the coniunctions of the luminaries, be in the eyghte house or no, for then it should be muche worse.

And note, that if the eclipse of the sunne or moone, be in any of the angels of the natiuitye of any person, or in any of the angels of the reuolucyon of hys natyuytye, then he shall suffer sickenes accordynge to the nature of the same angels.

And if the sayd eclipse be in the middest of heauen, he shall suffer hurte in hys honoure and fame: and if it be in the ascendent: he shalbe grieued in hys body, and so forth of other houses, but it shalbe the worser,

ſer in caſe the eclipſe be in the aſcendente, ſpecialli if it be the eclipſe of the ſunne, for that is the more daungerous of the twoo, forasmuche as the effecte of the eclipſes of the moone, is alwayes fynyſhed in ỳ ſpace of one yeare at the moſte, ſome tyme in leſſe, and for the maſte parte in thꝛee monethes. But the effecte of the eclypſes of the ſunne, is very long or it come to paſſe ſometymes xii. yeres, as wytneſſeth Ptolome in hys centyloquio.

The Aſtrologyans take the iudgement of the yere, by the entryng of the ſunne in to Aries, in the firſt minute, and if it then happen that al the yll planetes be in the eyghte houſe, whych is the houſe of death they ſay that yere ſhal ryſe a peſtylence and dyuers other ſickenelles, accordynge to the nature and condycyon of thoſe planetes.

And if the mone in the ſame entrynge be nere vnto the conionccion of the ſunne, as ſometyme happeneth, within twoo or thꝛee or foure degrees, ỳ yere ſhalbe a death and peſtylence vniuerſal, and ỳ ſhortly after that coniunccō, ſpecially at ỳ cōminge of the moone and the euyll planetes

to infortunes, and as the infortunes bee, the effectes shall so appeare, be they more or lesse.

Furthermore, ye muste consyder the greate coniuncion of the .ii. hier planettes as was the coniunccion of Saturne and Jupiter, the yere of oure Lorde. M.ccccc-xxv. in the last day of August, and the. xiii. degree of Scorpio: whyche coniunccyon chaunged frō an ayrye triplicitie to a watry, and it was in a watry signe, whereof there chaunsed dery much rayne, and therupon folowed the excessiue humectacyon or moisting of mans body, whiche by & by turned to putrefaccion, and therupon ensued perillous and corrupte feuers, pestylences, and agues, specially because in the coniunccion, Saturne was exalted, in the north aboue Jupiter, which Saturne is of yll influence.

Of the thirde roote or cause of thys outeragyousse syckenes.

The thirde rote or cause being inferioure, is the stinche and filthye sauoures that corrupte that ayre, whyche

which we liue in: for we cannot liue without drawyng of the breath, and we haue none other breach, but of the ayre rounde about vs, which if it be stinkig, venimous and corrupte, and we by necessite draw the same into vs, immediatly corrupteth and infecteth the harte, and the lyuely spirites of the same, and after that inuadeth all the other members of the body to enfecte thē in likewyse, by reasō wherof is engendred a corrupt and venemous feuer of pestilēce very contagious to all that are about thē, for the venimous ayre it selfe, is not halfe so vehement to enferte, as is the conuersacion or breath of them that are infected already, and that by reason of the agreyng of the natures, whyche is the verye cause why our bodyes be infected by contagyon of men, more then any other beastes.

Of the fourth roote or cause of the sayed disease.

The fourth roote is, the abuse of thynges not naturall, that is to wete of meate and drynke, of sleps and watchyng, of labour and ease, of fulnes and emptynes, of the passions of

regimente, wherein with th
mightie God the hye Phys
nime be not to outragiou
how to preserue hym se
from it.

And for the better kn
derstanding of thys trea
that it is deuided into.ii.p

The first is of the man
man from the pestilence onl
such thynges wythout the whi
not be long alyue in health.

The seconde treateth of the cure of the sayed disease by the way of holsome medicine.

The first parte is distributed into vii. lytle chapters.

The first chapter treateth of the eleccion of the ayre.

The seconde of meates and drynkes.

The thirde treateth of slepyng and of wakyng.

The fourth treateth of exercyse.

The fyfth of emptines and fulnes.

The syxt speaketh of the accydentes of the mynde.

The.vii.of medicines preparatiue.

The

the pestilence.

The second part is deuided into fyue Chapiters.

[redacted] howe to knowe whan a man

[redacted]nde of the cure of the pestilence: [redacted]al diete.

[redacted]rd, of the cure of the pestylence [redacted]wer of medicines.

[redacted] fourth, of cure thereof by lettynge [redacted]ohde, ventoses, and purgacions.

The fifth, of the cure of thesame by outwarde applicacions.

The sixth, howe to cure the botche called a Carbuncle, or Antrax.

The firste Chapter of the firste part, treating of the election of the ayre.

ALthoughe the disposicion of the ayre colde and dyre, or els moderately moyst, be muche commendable in the tyme of pestilence, yet there must be moderacion in thesame, as wel as in the fyue thinges not natural here tofore

the mynde, and of the immoderate vse of letherye, for the excesse of all these thynges be almoste the chyefe occasyon of all suche dysseases as raigne amõg vs now a dayes. For all that our meate and drynke is not digested, turneth anone to putrifaccyon & to euill qualities.

And to muche slepe replenisheth the body wyth to great aboundance of humours but ouermuch watchyng doeth dry vp the natural humidities.

And as watchyng dooeth so doeth immoderate labour, and as slepe dooeth, so dooeth reste and ease oute of measure, put the body in greate distemper, and maketh it apt vnto thys sickenes, as is dayly seen.

And whoso wyll be ruled as becometh hym in thys case, shall neuer be lyghtelye infected, and if chaunce he be, he shal easely with a litle helpe: ye sometyme by very nature only, saue hymselfe and ouercome the sickenes.

Nowe seeynge that the causes of thys sayd disease be so great as is afore rehearsed, it is not to be wondred, though ye thing it selfe be very huge and daungerous, and

of

of harde curacyon: wherefore sayeth Auicen in hys fyrst of metaphisikes (although he were no christian:) we muste with good and vertuouse lyuynge mytygate the wrath of God, and by contynuall prayers keepe oure selues styll in the state of grace.

Therfore would I counsell euery christen man, that is in doute of hys disease to cure fyrst the feuer pestylencial of hys soule, callyng for that holsome water, the wel of life, wherof it is wrytten: Omnes sitientes venite ad aquas. &c. Which waters he onely geueth, that sayd to hys disciples. Qui biberyt ex a qua quam ego dabo illi erunt in vētre eius aque viue salientes in vitam eternam. And this done, vndoubtedly the sykenesse of the body shalbe the easier to be cured.

And for because the other soueraine remedye preseruatiue is to flye the corrupte ayre accordyng to the prouerbe, Longe, et to, tarde. Flye by tymes, flye farre, & come slowely agayne.

Yet for so muche as euerye manne can not, nor is of abilitie so for to doe, it is good for them to looke vppon thys lytle

regimente, wherewith the ayde of almighty God the hye Physycyon, if the veynne be not to outragious, he shall fynde how to preserue hym selfe well ynoughe from it.

And for the better knowledge and understanding of thys treatise, ye shal know that it is deuided into .ii. partes.

The first is of the maner to preserue a man from the pestilence only by dyete, in such thynges wythout the which, one cannot be long alyue in health.

The seconde treateth of the cure of the sayed disease by the way of holsome medicyne.

The first parte is distributed into .vii. lytle chapters.

The first chapter treateth of the election of the ayre.

The seconde of meates and drynkes.

The thirde treateth of slepyng and of wakyng.

The fourth treateth of exercyse.

The fyfth of emptines and fulnes.

The syxt speaketh of the accydentes of the mynde.

The .vii. of medicines preparatiue.

The

the pestilence.

The second part is deuided into sixe Chapiters.

The first howe to knowe whan a man is infected.

The seconde of the cure of the pestilēce by the way of diete.

The third, of the cure of the pestylence by the power of medicines.

The fourth, of cure thereof by lettynge of bloude, ventoses, and purgacions.

The fifth, of the cure of thesame by outwarde applicacions.

The sixth, howe to cure the botche called a Carbuncle, or Antrax.

The firste Chapter of the firste part, treating of the eleccion of the ayre.

ALthoughe the disposicion of the ayre colde and drye, or els moderately moyst, be muche commendable in the tyme of pestilēce, yet there must be moderacion in thesame, as wel as in the sixe thinges not natural here

tofore

tofore declared. For ye must haue a good respecte vnto the complexion, the age, the custome of liuyng, the region, the composicion of the body, strength, sicknes, tyme, and many other thynges. For some requyre an ayre more hote, than other some doe, and lykewyse in other thynges, the whiche I doe remitte vnto the good dyscrecion of euery well learned man, and to suche other as haue any knowledge of naturall thinges.

For the more suretie, it is good for thē that may, to dwell in hygh, or hilly groundes, hauyng in the mornyng whan the sunne is vp, a wyndowe open toward the east, and when the sunne goeth down an other wyndowe open towarde thē weste, and close vp all the wyndowes on ẏ south, syde, for that wynde is very yll in tyme of pestilence.

Also it is good to rectifye the ayre with in the house, yf it be in sommer, by sprinklyng in the chamber vineger, and water of roses: if it be winter or colde make a lustye fyre of cleane woode and put in it incence, mirre, laurel tree, or iuniper, or cypres, and in time temperate, myngle the

hote

hote thynges with the colde aforesayde.

Which sprinklynges, and burnynges, ye may make at all tymes whan ye wyll but specially in the mornyng, to correcte ẏ vapours of the nyght.

I rede in Plotino, that the Egipcyans were wont to fume their houses and their bodyes in the day with turpentine or rosin and in the night with mirre caste vpon the coales, and so resisteth al venimous ayres and contagious.

The first hath so great vertue agaynste the pestilence, that we reade howe Hypocrates preserued the whole countreye and citie of Athenes, by makyng of great fires in the stretes, and all about the towne by nyghte, and so delyuered them from the certayne death, that should haue comen among them. For whiche cause the citesēs of the saide towne, made vnto hym an ymage all of golde, and honoured him aliue as if he had bē a god. And it is good in hote time, to straw ẏ chāber ful of willow leues & other fresh boughes, which must be gathered after ẏ sun setting, & lay about your bed & windowes, vine leues, quices, pomgranads, orēges, limōs, citrōs & such other

fruits,

fruites, that are odoriferous, as roses, floures of nenuphar, viōlettes, and other lyke. And in colde tymes, take sage, laurell minte, wormewood, nept, baume, rue, and galingale, whiche thynges ye maye sometyme cary about with you in a clothe, to take the ayre of them.

And in tyme of heate, temper a sponge or a cloute in water of roses, and vineger. And in tyme of colde ye maye adde to it a litle cinamone, and thus he that is dysposed to haue precious sauours as pomaunders, or other suche, maye compose theym according to the necessitie, and as the complexion of his body shall require. Alwaye takyng hede, that women whiche are with chylde, and they that haue the suffocacion of the mother, or els catarres take no such odoure, as shall putte themselues to anye daunger, or displeasure.

In a colde tyme it is good to hold in the mouth, zedoary, enula, cāpana, cinamome, cloues, the rynde of a citron, lignū aloes, or any one of them. But vf the feasō of the yere be hote, then take corianders prepared, graynes of paradise, saunders, seedes of orenges, or of limmons. And in temperate

rate wether, mingle the one with ỹ other. But it is good in al tymes, to beare about you precious stones, (yf ye haue them) specially a iacinct, a rubie, a garnet, an emeralde, or a saphire, whiche hath a specyall vertus against the pestilence, and they bee the stronger, yf they be borne vpon youre naked skynne, chiefely vpon the fourthe finger of the left hande, for that hath great affinitie wyth the hearte aboue other membres.

And as touchyng them that are contynually among the sick of this disease, they muste take hede in any wise, to kepe them from their breathe, and that they doue not stande betwene them and the fire, nor receiue the odour of their sweates, brynes, vomites, and other excrementes of the body, nor to eate and drynke with them, nor in their vessels, nor to lye in their couches nor weare any of their apparell, excepte they be well sunned, or wythered in the cleane ayre.

It is also good to flye from all places that be corrupt, or stinkyng, and to kepe ỹ stretes & houses very swete & cleane. And the rulers ought so to prouide, ỹ no filthye

donge,

donge, nor any dead carions, be caste into the stretes, for that shoulde sore infecte the ayre, and bryng many men to deathe. And duryng all the tyme of this disease, there ought to be no hote houses vsed, but forbidden and locked vp, till suche tyme they see no further daunger.

The seconde Chapter, of eatyng and drynking.

The meats ought to be of very light digestion, more in sommer then in winter, hauyng alway an eye vnto the complexions, customes, and other thynges aforesayd. The houre what tyme ye shall receyue your meate, is when your appetyte commeth vpon you, after ỳ fyll digestion made. Great repletion ought to be abhorred, but a sufficient meale is very holesome. Neither is diuersitie of meates alowed of any phisicke, but yf ye wyl haue diuers sortes, then beginne with them ỳ are the lightest to digeste, and that beste nourysheth the body.

Your bread muste be of pure corn, kept in good ayre, and not fusty, metely well salted, with sufficient leuen, and baken in a place

a place where none euyll ayre is, & it must be of a daye or two dayes olde, or there about.

Wheate is best among al other cornes euen as wyne among all other licours, al though the barley bread be good for them that mynde to kepe them leane. Meates of euyll taste, after they be long dead, and stynkyng fyshe in lyke maner, & the fattes of all fyshes, and meates that haue bene twyse sodden, thick wyne and troubleous, or otherwyse corrupt, waters of marishes, and blacke grounds, and suche corrupte meates and drynkes, be very perilous. But good wyne, sauoury, and cleare, & good meates taken, with an appetite are cause of health, and preseruacion from the pestylence.

Ginger is a noble thynge in tyme of pestilence, yf ye haue none other impedyment to let you to receyue it, and ye maye correct it according to the nature of the cause, in such wyse, as may be confortable to the vitall spirites of the heart.

Borage and buglosse, are verye good preseruatyues in thys case, and so is a litle quantitie of saffron, orenges, limons,

pome-

pomegranades, citrõs, prunes of damask, and other such, in good conuenient quantitie, adding to them a litle suger, and cynamome for correccion.

A nut is called the triacle of fish, shaled and sugred with a litle rose water: and as sayeth Isaac, a nut and a fig drye taken afore dinner, preserueth a manne from all maner of poysons.

The thyrde Chapter, of slepyng and watchyng.

TO muche slepe engendreth manye humours in the body, specially ye if it be in the day time, and it dulleth the memory, and maketh a man vnlustye and apt to receiue the pestilence.

Therefore created almightye God the nyght, wherein we should rest, and the day for to kepe vs watchyng, that we fall not in to synne and slouth. Surely to slepe on the daye tyme is greedyng hurtfull, for when the sunne ryseth, he openeth the poores of the body, and bryngeth the humours and spirites from within, to the outward partes, whiche prouoketh a man to watchyng

and

and exercyſe or worꝭes.

And contrary wyſe whē the ſunne goeth down, al thynges are cloſed and coacted which naturally prouoketh a man to reſt.

Moreouer the ſtomake by the behemēt heate of the daye is naturally dilated and ſpreade abroade: ſo euer agaynſt nyghte, by reaſon of the auoydaunce of the ſpyrytes it wareth ſomewhat feble and when the nyghte commeth, requireth to haue quiete, whereby it may acquyre more plētī of ſpirites for the nourſhyng of it ſelfe.

And therefore whoſoeuer waketh in the tyme of ſlepe, or ſlepe when he ought to wake, he peruerteth and hurtethe not onelye hys memorye, and all hys other vertues of the mynde, but alſo manye tymes ſhall engender apoſtemes, caterres reumes, agues, palſeyes and many other greuouſſe and naughtye dyſeaſes in the body.

Alſo ye muſte take heede, that ye watch not to muche, for therof commeth dyzyneſſe of the brayne, and many other ſyckeneſſes that melancholy bredeth.

But he that is vſed to ſlepe very muche and cannot abſtayne in any wyſe, let hym

slepe in a chayre, or els sitting in a place ỹ is cold, but not lying, if he loue his health.

The fourth Chapter of exercyse.

Moderate exercyse or labour is very necessary to the preseruinge of health, accordyng to euery mans age, custome, complexion, strength, & such other, so it be done in the mornyng, and at euen, before any meate, and in a place of good aire, and not infected with corruption.

Auicenne sayeth, that he onely ought to abstayne from laboure, that nothyng regardeth the health of hys body.

And Galene sayeth that exercyse quickneth the vertues naturall, animall, and vital. And Rasis telleth of a great pestilẽce wherein there were very fewe saued, because they lyued idelly, and would doe no laboure.

Finally defaulte of good exercyse is oftentymes the cause that manye dye sodaynlye, afore they feele them selues sycke. &c.

The

The fift Chapter of emptynes and fulnes.

IT is holſome for you, euery day once to procure the duety of the wombe, if ye cannot naturally, yet at the leaſte wayes ſeke ſome other meanes, as by a gliſter or ſupoſitory, for the long wythholding of any ſuperfluities, is in this tyme very daungerous and hurteful. And al the tyme the ſayed dyſeaſe endureth, they that haue any fiſtules, oughte not to bee cured.

And they that haue any iſſues by theyr hemorroides, may not be reſtrayned wythout the flure be ſore exceſſiue, & they ỳ had the forſayed hemorroides and were cured afore, let them open them againe for feare of further daunger.

Alſo they that are diſpoſed to be ſcabby hauing great iche, and ſuch diſeaſes of the ſkyne, ought to bryng the matter oute by rubbinge, and vehemente clawynge with their nayles.

Exceſſe of women, is exceadyng perilous, but if ye cannot rule youre ſelfe take good heede, ye dooe nothynge

afore the fyrst dyget yon, and yll nature doeth prouoke you, for euerye suche excesse weakeneth more the body, the if ye shoulde be let bloud .xl. tymes somuch, as wytnesseth Auycenna, and is cause many tymes of pestilence, and of death.

The .vi. Chapter of accidentes of the mynde.

YE muste beware of al thynges that shoulde make you to be pensyue, heuy, thoughtful, angry or melancholyke, for al such thinges are moughte to infecte a man alone.

Passe the tyme ioyfully in good thinges honest and decent, euery man accordynge to hys owne heart, and the estate that god hath called hym vnto

The .vii. Chapter, of medicines preseruatyues.

AL they that are of good complexion and of holsome dyete, nede not to bee purged. For an hole body and dyete of all humours, is not lightly taken of the pestylence, as the other are.

But if it be a body ful of humours or a great eater wythout any exercyse or trauayle, suche oughte to let themselues bee purged,

purged, and they that haue to much quantite of bloud, or if the bloud be any thynge corrupte, they oughte to aske counsayle of some good experte phisicions, and not to put their truste in any vayne bosters that detracte other, whych in al cases and at al tymes geue them mercurye precipytaunt and other medycynes corosyue, which for the moste parte are venyme of themselues and vnder couloure of on other medycine doe dysceaue the pacyente: a wonder to be holde, howe craftelye they couer it, sometyme in syrupe, sometimes in suger, other whyles in fygges, losenges, or raysyns, leaste it shoulde appeare (as it is in deede) that they geue the pacyentes very quicksyluer.

Some other affirme that the mercurye is quenched, or throughly mortified, and worketh none otherwyse but by secrete qualitie against all diseases in the body of manne: for the excesse of elementes saye they, is clearelye corrected in precipitacio and adustyon of the fyer.

Howe commeth it to passe (if thys bee true) that when a lytle of it is set vpon a cole and a pece of fyne golde adioined to it

we maye see playnlye the very quycksyl-
uer cleuing to the golde, and wyll make it
as brittle as if it hadde lyen in very raw
mercurie. Yea how chaunceth it ỹ when
it is mingled wt hote creame, it wilbe crud
againe as it was afore. And to saye the
trueth, the quicke siluer raw, is better to
be dronken, then suche as is sublimed, for
that hath been permytted, both of Dioscor
ides and of diuers other: but we neuer
reade of any good phisicion that euer gaue
counsell to take the precipitate, becawse of
the coppros and other venymous ingre-
dyence beeyng wyth it.

And although that for the tyme peraduenture some escape, and feele not their effecte in dede as many other doe (that is to saye, debilitie of the vertue raydall of the stomake and other membres principal purginge of the good humoures and leauyng the euil within the body, wherof ensueth many times death) yet they leaue a certaine euil qualitie or impression of the bodyes in all that doe receiue them, and so they make worke for good phisicions, to ỹ great hurte of them that haue beleued the. Suche galaunces shoulde goe prone their

powder made of quickſiluer, amonge the Turkes and Sarasins, and not vpon their euen chriſten, and their neighboures. But now to our entente.

The pilles called pillule communes aboue other pilles preſeruatiues, are allowed to be of hieſt operacion, by reaſon of a certayne propertye that they haue within them, as Rufus the compoſer of thō ſaith, that he neuer ſaw any man that vſed them but he was preſerued from the peſtilence.

There goeth into their compoſicion, myrre and aloes, which haue great vertue to kepe the body from putrefaccion and ar made thus.

Take of aloes epatyke wel waſhed two drammes, mirre waſhed, and ſaffrō, of ech a dram, make thē vp with white wine, or y iuice of limons, or of orenges and ſuger. Some take them euery thyrde daye, the weight of halfe a dram, in the morynge. iii. pilles and euery day one afore ſupper. Let euery mā doe accordyng to his nede, and as his body is replet wᵗ humonres, but it is good to drik after thē a good draught of wyne, tempered in a little water of roſes, or of wormewood, and if they be to

harde, let them be resolued in the strupe of hymons, or a lytle wyne.

Some doctoures ioine vnto them other spyces, after the complexion of the person and the humoure that they nede to purge And they washe the aloes and the myrre, in an hote season, and for hym that hath an hote lyuer, in water of roses and of endiue but in that lette euery man bee hys owne iudge: yet I would counsayle them to stick rather to the good experimentes that haue been accustomed, than the fantasyes of theyr owne imaginacions.

The Apoticaries ought to haue in store both the two sortes, and to see that they be sufficiently leuened, and that the forsayed aloes be elect and pure.

They whyche haue the hemorroydes and wolde vse the forsayed pylles, lette them adde a lyttle mastyke, or the gumme that is called bdellyum. If anye haue a bloudye flure, or ercorpacyon of the bowels, lette hym not receyue them wythout a better counsel. Women also greate wyth chylde, and they that are subiecte to any flure of bloude ought not to receyue them.

Among

Among other thinges, it is a good preseruatiue, and a thyng well experte and commended, to eate in ỳ morning, fasting one drye figge, one walnutte, and foure or fiue leaues of rue chopped altogether, and afterwarde to drynke a draughte of good wine. But it shalbe sufficient for them that are with childe, to take the sayde thynges, leauing out the rue.

In a hote season it is good to temper ỳ said wine with a litle rosewater or of violettes. Some other take fiue houres afore dinner three tymes in a weeke, the weight of halfe a trowne of mithridatum, or of fyne triacle, tempered in a litle good wine. But in tyme of heate, and for hote complexions, it is good to put in it a litle conserua roses, and to myngle them with water of sorell, or of borage, or of buglosse. Mithridatum is a great medicine agaynst all kynde of venim, for we reade ỳ the foũder of it, kyng Mithridates, who dyd vse to eate there of, coulde neuer be harte by any kynde of poyson. The same Mithridates beyng ouercome in battayle of the Romaynes, woulde haue kylled himself with the moste swifteste poyson that coulde bee deuysed

denyed, but when he hadde dronken many sortes of suche, and neuer a one wrought anye thyng to purpose, he caused hymselfe to bee slayne of hys seruantes, after whose death Pompeyus, the graunde captayne of the hoost, founde in his secrete coffers, a certayne byll wrytten of his owne hande, in effect thus.

Twenty leaues of rue, two fat sygges two walnuttes, and a litle salt, whosoeuer eateth of this, shalbe sure from all kynde of venym that daye.

The good triacle hath also a good vertue, but there ought to be a punyshement of them that doe abuse it with counterfaited stuffe, which deceiueth many people, & causeth them to dye, that put theyr truste in it.

Some other take in tyme of colde, a cloue or two of garlyke, whiche is called ỳ husbandmans tryacle, and after drynke a draughte of good wyne, and in hote tyme take and eate a fewe leaues of sorell, and drynke a draught of the water thereof, distylled, for it is excellent and good in al cõplexions, tymes and ages.

Also

Also it is good to drynk euery morning a draught agaynste the pestilence that is thus made.

A drynke for the pestylence.

Take in the moneth of June or at any other conueniene tyme, our ladye thystle burnet, scabious, gētiane, sorell, of euerye one a lyke muche, floures of buglos, redde roses, herbe dragons, and madfelon or morsus diaboli, twyse as much as all the other, steepe them all in whyte wyne and rosewater, duryng one nyghte, then sette them all in a common stillatory waying in for eueri pounde of herbes, half an ounce of bole armonye poudred, augmentyng the proporcion, accordynge to the quantitie of the herbes: then styl a water, and for euery pynte of it, take the weyghte of a crowne of saffron, halfe an ounce of yelowe saunders finely poudred, and putte them all in a viole with the foresaid water stopped, and set them in the sunne one moneth. This is a noble water for a manne whiche hath the pestylence, to drynke.

And he that wyll, may put a lytle suger, and

and pouder of cinamome in it, that it may be more pleasaunt in the taste. He that can not fynde the sayde herbe called matfelon, or morsus diaboli, in latin, let him take the double weight of dragons. It hath a roote as it were halfe eaten of by the myddes, & it is so called, because the fable is, the deuil bit it of, for the enuye he hath to man, leste we shoulde obtayne the great vertues of ẏ same.

The horne of an vnicorne putte in the drynke, whole or in pouder, hath a greate effect against the said disease, and agaynst all kyndes of poyson.

Here foloweth a very good preseruatiue for the common people redy at al times and of small coste.

Take an ounce of leaues of rue, half an ounce of good fygges, one ounce of Ienuper buries, two ounces of walnuts picked, foure ounces of vineger, and a good quãtitye of saffron, stampe all the foresayde thynges together, and reserue them in an earthen cuppe, or a glasse faste stopped, that no ayre yssue, whereof yf ye receyue in the mornyng vppon a knyues poynte, the

the quantitie of a beane, or more, ye shall bee sure by the grace of GOD not to bee infected in foure and twentye houres after.

An other pouder for the same.

Take pure end electe bole armonyake, not counterfaict, but such as without grauel, smoth, somewhat shynyng, and to the eye a farre of, moste lyke a very stone, not to brittle, nor to hye coloured, for suche is commonly sophisticate. Take I saye, the sayde bole armoniake, and grynde it vnto fyne pouder, than washe it in white wine, or in rose water, or water of buglosse, sorel or wormewood, or scabious, afterwarde drye it, and pouder it agayne, and dooe so fyue or sixe tymes, euer washyng, dryinge and poudryng thesame, and at last sette it vppe in a cleane vessell, tyll ye neede to vse it.

Men of hote complexion, yf they wil receyue it, muste take of it a sponefull with vineger, or water of sorell.

And thei ẏ be of colde complexion, may take it in a litle wine, or scabous water in the morning. For it preserueth the bodye, from

from all corrupcion, consumeth the superfluous humours, and dryueth alwaye the venim from the heart.

An other singuler remedy preseruatiue for ryche menne and delycate of complexion.

TAke zedoarie, lignum aloes, agrimoni, saffrō, aristologia rotunda, yf it may be gotten, white diptany, gētiā, the rind of a citron, the sede of citron, of euery one a scruple, corianders preparate, turmentill, red saunders, red coral, red roses, knoxy, mirabolanes, emblike of euerye one a dram, terra sigillata, two drammes, bole armoniake thre drammes, pouder all these, and with fyne suger, and syrupe of acetositate citri, make a noble electuary, & kepe it as a treasure of mans helth, in time of pestilence.

An other soueraine and goodly receyte both preseruatiue and curatyue.

TAke a hennes egge, newely layde, & make a hole in the crowne, by the which ye shal draw out al the white

therof,and leaue the yolke within ỹ ſhell; whiche done,fyll the ſame egge,with good Englyſhe ſaffron whole,as much as may bee ſtuffed in the ſhell,than drye this egge agaynſte the fire,or in an ouen,whan the bread is oute, ſo long tyll the ſhel bee vterly blacke and brent,and the reſte ſuffycientlye brittle,and drye, make it in pouder in a morter , and adde to it as muche pouder of muſtarde ſeede as ſhall weye all the hole egge:than take this ingredience at the apottecaryes. Ditamy,turmentille nux vomica,of eche a dramme , pouder euerye one of them by it ſelfe, then putte them altogether , and put to it true,piony roote, Zedoarie, camphere,and fyne tryacle , of eche equall porcion , ſo that the weyght of them fyue bee as muche as all the reſte , beate them in a morter by the ſpace of two houres, tyll all bee incorporated together in a lumpe,then putte it in a glaſſe,and kepe it couered with a lefe of gold in a colde place,for it wil laſt thus thirtye yeres, without corrupcion,and is a thyng of ineſtimable value in thys caſe, the doſe of it to preſerue, is but one halfe peny weight or leſſe,yea the weight of one

barley

barly corn, hath in it a marueilous strēgth in defendyng the body.

But if one were infected already, than he must receine afore lettyng bloud, twoo or thre grains after his bledyng geue him in the name of god, an hole scruple, or two or three (yf his strength wil serue) tempered with wyne, for a hote takyng, and in great colde with a lytle aqua vite, & thereuppon sweate.

I haue knowen whan the sick hath ben vtterly desperat, and could retain nothing yet by the grace of God, through ẏ meanes of two scruples hereof, myxt wyth a lyttle aqua vite, bothe the vomyte immediately ceased, and nature recouered, and escaped the daunger of death.

As concernynge sweete waters to sprinkle vpon your clothes & things of pleasaunte odoure, to bee caste vpon the coles whan ye aryse on mornings and also the makyng of good and holesom pomaunders, to smell vpon in tyme of pestilēce, for the contentacion of thē that are desirous. I shal here reherse one or .ii. of eueri sort, to ẏ intēt ye mai (whē ye be dispo

sed)

ſed)either vſe them, or deuiſe other of the ſame making: as it ſhal be requiſite accor-ding to neceſſitie.

Firſt a ſweete water that is made thus.

TAke water of roſes, violettes, or nenuphar, or one of them, or of al toge-ther one pounde, good vineger two ounces, malueſie, muſcadine, or other pleſaunt wine, three ounces, of both the ſaunders, of eche one dramme, and an halfe, cãphore, one ſcruple, and if ye haue any gallia muſcata, adde thereto halfe a dramme: mingle them together, and ſprinkle vpon your clothes, when ye be diſpoſed. The right excellẽte, and famouſe doctoure Johãnes Manardus alſo, in the third epiſtle of his fifth boke, doeth ſhewe, howe to make in time of peſtilẽce, two ſoueraigne perfumes, the one for to ſerue in ſommer whiche is made thus.

A Fumigacion for Somer.

TAke redde ambre. ii. partes the leaues of mirt, floures of nenuphar, roſes, violets, ſaffron, maces, and yelowe ſaunders, of either of thẽ one part,

camphore, ambre, beniamin, halfe a part, muske, the tenth of one parte, mingle altogether, this is a plesaunt and comfortable sauour in the time of Somer.

But in winter season ye may vse this.

Take storax calamita, yreos, mastike, of eche two partes, cloues, maces, nutmigs, cinamome, saffrō, of eche one parte, aumbre the fifth of one parte, muske the tenth of one part, mingle altogither and make a fumigacion.

And of these ponders ye may make litle balles or pomaūdere, to beare about with you at all times, but the laste receite must be well incorporate with a litle storax liquida, and lapdanum, and the other with lapdanū, gūme, dragagāt, and rose water.

An other goodly pomaunder for gentlewemen and ladies.

Take the rind of an orenge, cloues, lignum aloes, of eche one dramme, calamus aromaticus, half a drāme, alipta muscata, one dramme, roses, mirtilles, of euery one halfe a drāme nutmigge, cinamome, beniamin, of euery one a scruple, make it vp in a morter, with storax liquida,

quida, with sufficient ware, and maluesey adding in the ende, of cāphore, half a scruple or more. And in the time of pestilence, ye ought to kepe the house every daye till the sonne be vp, and if it chaūce that ye go among a great multitude of people, where is any daunger to be feared: ye may chew a litle zedoary in your mouthe, ones in an houre or twoo, but hold it not continually for hurtinge of the gummes. zedoarist (as saieth Auicēne in his boke de viribus cordis) consorteth the herte, and engendreth good bloud, it is holsome for the stomake (as affirmeth Plinie) maketh good digestion, and prouoketh appetite.

Constantine in his boocke of degrees saieth, it hath a great power against venime, and the stinking of the mouth, it breaketh winde, and cureth the bitinges of venemous beastes and serpentes.

When the sunne shineth in a cleare day, ye may walke in gardeines, medowes, hilles and by riuers, but beware of lakes, standing pooles, and fennes; for oftentymes the effection of the aire, ariseth of the corrupte vapoures, boiling out of such vnholsome places.

The seconde part, of the cure of one that is infected with the pestilence already.

Howe to knowe a man that is infected,

the first Chapiter.

WE saide in the beginninge, howe the pestilence was engendred of the corrupt and naughty aire, turninge all the humours of the body quickely to corruptiō and to venime. Wherefore we must take hede by times, lest the vital membres be infected of the saide poison; for it ever seketh to the hert, and if it come vnto the herte afore the medicine, then is there no recouery, for not one among an hundred liueth. For the saide venime is so swift, so fearce, and so boistous of it selfe, that it will not (without greate difficulte) be put out of possession, but driueth away the medicine from the herte againe.

But if the medicine come vnto the hert afore the venim hath the vpper hand, then he driueth it out, by the helpe of the vertue expulsiue, of the spirituall membres, and that expulsion commonly is by sweate. And for because sometimes a man is poisoned, and cā not tel him self, nor none that

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is about him, wherof many daũgers doth arise, for as the prouerbe is, one scabbye shepe infecteth a hole flocke, therefore it shalbe necessary that euery man take hede vnto him selfe, and consider all the signes and tokens that shalbe said hereafter: for the more care that he hath about that, the soner shall he escape out of the daunger.

And if a man feleth him selfe infecte, aboue all thing let him remembre god, for it is a sickenesse that in a twinkling of an eye may bring a man to death.

First let him looke whether in his armes holes, flanke, or vnder his necke there be any apostreme or swelling, or whether in any other partes of his body there appere any grene, blacke, or euil colored sore, for that is the signe that neuer faileth, but the person certainly is infected. Notwithstãding euery man infected with that pestilence hath not such vlcers, botches or sores wherefore ye must take heede of the other signes hereafter, that ye be not deceiued for lacke of the said apostemes.

But what is the cause that suche apostemes sometimes doth appeare, and sometimes doth not: no doubt, but because that

whē the venim is so vehement and so furious, and hath gotten holde in the body of man, nature by reason of the swiftenesse of the infection, is so troubled, letted, and entangled, that she cā not tel whiche waye to succoure, and so can driue out none aposteines, & that is more perilous, thē if ther wer many sores. But again, whē ẏ venim is but meaneli furious, & the nature of the paciēt strōg ynough by reason of good humours, thē it defendeth it self and driueth the venim frō the heart & principall membres, to such places as it may be best auoided at, which breaketh forth by compulsiō in botches, carbuncles and other sores.

The seconde signe is, yf ye feele a greate pricking and shoting in your body, & specially in any of the thre clensinge places, that is to say the necke the arme holes and the flankes.

The third signe is when ye fele an outragious heate within you, as if ye were in the fire. Which heate somtime spreadeth it self abrode through al the hole body, and otherwile there ariseth suche a colde, that it maketh a man to shake as if he were in a feuer.

Wherin

Wherin al ye that be infected, muste take hede: for some there be that in the beginig fele not such a feruēt heat outwardly, but it is within as great as if they burned, wt much heuinesse of the heade, drines of the mouth, & extreme thirste: Wherby many one are compelled for to slepe, euen for verie labour of the spirites, and some other watch, & are so out of quiete ý a mā would thinke they were fallen into a phrenesie.

The .iiii. signe is, if great vapours and fumes arise out of the body, when a man is in a bath, and woulde faine sweate, but he can not.

The fifth signe is if the pacient can not drawe his breath easely, for many one is so straite winded, that he can not speake, & when he breatheth it is with great laboure and difficultie.

The .vi. signe is vehement paine of the head, lyke as is wont to be in a frenesy. But there be som for al that ý in the beginning of the infection, fele nothing so great peine as we haue spoken of in the head. Notwithstāding this is a generall rule, ý the pestilence can not be in the body, without some paine, or heuinesse in the head.

The.vii. signe is great desire to slepe from the whiche many one can not abstain him selfe in any wise, nor can not be kept waking of them that are about hym.

The.viii. signe is chaunging of the sight, for somtimes there cometh to the pacientes eies, as it were a yelowe colour, somtimes all that he beholdeth he thinketh it to be grene.

The.ix. signe is peine of the mouthe, or an vnnaturall tast, bitter, soure, or stinkyng.

The tenthe signe is often vomiting, bitter, and of diuers colours.

The.xi. is heuinesse and dulnes of all the hole body, and swowning, and weakenesse of the limmes. These bee the principal signes and tokens wherby ye may perceiue when any man is infected.

Notwithstanding all these signes are not euer manifest, for somtimes it is sene, that one hath had the pestilence, and felt nothyg at all, yea and sometimes the vryne will be as faire and as good to sighte, as in a hole man, because the humours com not at the liuer, and the feuer will be small or none, for that the venime is not in a hote humoure, and so driueth out no heate, & yet

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the pacient dy and dy dieth.

Sometimes also he shall thinke him selfe hole, because that nature in the first brunt droue the venome from the herte, and yet anon after his life passeth frō him for that nature was not strong ynough at the next assaulte either by reason it was vexed and wearied in the firste, or els the venime peraduenture multiplied or chaunged into more malignitie or nerer to the heart than it was afore. Euery one in the beginning seme lightly to be better, for then the strength of nature is gathered altogither to stand against his enemy, but it is not so in other euil sicknesses. The pacient also manie times thinketh hi self strōg ynough because the venime worketh not so cruelly vpon the other membres as it doth vpon the herte.

Wherfore in time of pestilence, when ye fele your self in any thing diseased, driue not forth the time in loking, when the signes aforsaid shuld appeare, nor stand not in examining or doubting whether ye be infected or no, for ye may be sure, that so long as this disease reigneth in the country where ye are, ye shall haue fewe sicknesses,

nesses, but either is pestilence already, or els wil be withi a while: and so giue your selfe to the cure of the pestilence, for while the noughtie influence of that infectiō dureth, all superfluous humours may lightly be infected, and that is the onely cause, why in time of pestilence, there is so fewe of other infirmities. For as sone as many sores of other sickenesses do arise, the pestilence abateth and is gone.

And here is to be noted, that whatsoeuer child in the time of pestilence, be vexed wt the wormes, ye may safely affirme that he is infected, for it is a matter so disposed to the pestilence, euen as is brimstone, to be kindled of the fire. This haue many phisicions not considered, and because of that, haue bene deceiued in their cure.

Here I haue declined by occasiō, but now to our intent.

Whē one or two, or more of these signes aforesaid are knowen to be in a bodye, let him not despise them, nor put any foolishe trust in the strengthe of his cōplexion, as many one haue done & by & by died, nor let no man trust ẏ colour of his vrine, or monig of the pulse: for sometimes the strēgth

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is so exceding in the venime, that a man is dead afore the naturall vertues are able for to succour him, or to driue away the venim from the herte. And herein haue many wise phisicions also bene deceiued, and haue euil iudged of the pacientes pronostik.

Therfore by and by without delaye, ye muste administer some good and holsome medicine, as shalbe said hereafter, or elles the stilled water that we spoke of in the former Chapter, or some other valiaunt medicine againste the pestilence, that it maye descende vnto the hert afore the venime haue the vpper hande of nature.

For if it be once settled at the herte, I affirme plainly, there is no hope at all. Yet there be some fooles, that tarye till the twelfthe houre, or the foure and twentie, after the infection, and they boaste themselues that they will heale the pacient, but that is a manifest and a shamefull errour, for if any by chaunce is socrecourred, it cometh of God and not of any medicine, for where as one escapeth, an hundred other perishe.

Notwithstanding if the case so be that ye be not called, or can gette no other medyc afore

afore the saide time, caste not your selfe in dispaire, or put not the pacient in discomfort, take or giue your medicine in the name of God, and if ye can not brake it, take asmuch again and do so many times til ye may retaine it, the lay ye doune to sweat, and lift vp your herte to God, calling vpō him, without whom there is no helth, and by ỹ grace of Jesu, ye nede not to be fearful of death, for that that is impossible to man, is easy ynough with God, yea many times nature worketh it selfe, aboue al naturall expectacion. But I counsell at the first beginning to receiue the medicines, when any of the forsaid signes appeareth or when ye fele your selfe diseased: for the venime perceth soner to the herte of the cholerike, then either of the sanguine or the melancholike, although the sanguynes are apter to infection, then the other are, chefely if the sickenesse be in sommer.

They that are of melācholy be not lightly taken, but in case they be, there the cure is very danngerouse and hard.

Therfore I saie, take heede at the beginning as the proverbe is.

Principus obsta, sero medicina parat.

Cum

Cum mala per longas inualuere moras.

Take the medicine quickely, and let thy self bloud, and remember God the phisiciō of thy soule, and withoute doubt thou shalt wel ynough recouer.

Nowe we haue declared the signes by whiche ye may easely knowe whan a person is infected, and we saide it was conuenient to take the medicine as soone as any of them appeareth, without any lōger taryinge; afore the venime commeth to the hearte, here we will enfourme you, howe ye shall perceiue whether the saide venime be setled in the hearte or no.

Take a dramme of bole armeny made in pouder, accordig to the doctrine of the last chapter in the first part, and if ye can not get it, take some other excellent medicine against the pestilence, namely one of the receites that shall be saide hereafter, and geue it to the pacient, but there can nothig be better, then the foresaid pouder if he haue it at hande.

Take I saye therof one dramme, and an ounce of whit wine, and odoriferous, with two oūces of water of roses, mingle them and geue them to the pacient.

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This blacke receipte declared in the Chapter of preseruatiues, maye be well vsed in stede of the bole.

And if he maie retaine the drinke within his stomake, it is a good signe that the venime was not at the heart afore he toke the medicine, and therefore he maye be let bloud well inough.

But if the patient can not broke the said drinke, but caste it vp and vomite, then ye maye be sure, that the venime hath bene at the hert afore the medicine.

Wherfore, ye shall wash his mouth with wine, or with water of scabious, of sorell, or of roses, and it ought to be beer wel mundified and clensed.

Then geue him an other dose of the said drinke, and bear a crust of bread, and hold it to his nose, that he maye the better kepe the foresaid porcion.

And if the seconde time he caste it vp againe, and is notable to retaine it, washe his mouth as is saide before, and geue it him the third time, with a litle vineger, yt may perse the better, and so fiue or seuen times, if he do not holde it, geue it him againe, and then whether he retaineth it, or

retaineth

retaineth it not, by and by ye ought to let him bloude.

But in case the pacient were infected. xxiiii. houres afore ye geue the drinke neuer let hi bloud, for that can nothing helpe him, but rather make him feble, but administer a medicine ordeined for the pestilēce, as is saide afore, or suche as shalbe spoken of hereafter, and that done, prouoke him to sweate.

Nowe to our purpose as concernynge dyet.

The second Chapter, of the cure of pestilence, by the wape of diet.

First as sone as euer the pacient feleth hiselfe infected, it is very good to auoide the corrupt aire, by chaūging into some other place: or els if he can not so, let him rectifie the aire of his own house, or of his chāber, with water of roses and vineger, or els with fumigacions as is spokē of before, according to the quality of the time, and the complexion of his owne body.

Moreouer it is good for him to shiften his bedde out of one chamber into another

and

and from that to the first againe the next daye, euer rectifying the aire of them both as is afore saide.

And as touching meat and drinke, he ought not to abstain, or yet to take any superfluities, for to eate good meates measurably (thoughe it be against his stomake) yet in this disease it shall do him muche good: Let him eate the broth of chickens, capõs, or coleyles of rabbettes, & suche like meates, with a litle forel sauce, of vineger, and rosewater, or wine of pomegranades, (if they may be gotten) or wine of barberies, and suche other.

If ye wil haue other kynde of sauces or poulder to strowe vpon youre meate, ye may make it after this sort.

Take grayne of paradise, whit diptanie, of eche an ounce, fine poulder of cinamome, and cloues, of eche halfe an ounce, make them all in poulder and mingle it with suger. In this disease ye maye eate no queasie meates, as eles, gese, duckes, and other suche as be vnill.

I call them euill meates, whiche (according vnto Galene De differentiis febrium) are either euill of their owne nature, or

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els if they be naturally good, yet by reaſon of ſome putrefaction, ar as much or more vnholſome, as the other are, partlye ſo, becauſe of long keping, vnclene and naughty dreſſyng, or when they be layed vp in a fylthy or ſtynkyng place, and partly by ſome yl infectyon, when they were alyue: for he that vſed ſuche kynde of meates, is ofte tymes accoumbred wyth many naughtye ſyckeneſſes, as corrupte and peſtylenciall feuers, ſcabbes puſtles, lepries, and other euil infirmities.

All fyſh in thys caſe are to be auoided. Brothe or gruel, made wyth borage, bugloſſe, endyue, ſuccorye, ſorell, purcelane, & other lyke herbes, wyth a litle ſaffron, and cleane wheate floure, or the crummes of breade in a brothe of chyckyns, or wythoute a brothe, maye be well adminiſtred.

Potched egges alſo with ſorell ſauce & cynamone, vineger and roſe water, are maruelous good in thys caſe.

And if the heate bee verye vehemente, as well after meate, as afore, he may well drynke a draughte of ſodden water wyth ſuyce of orenges, lymons, eytrons, or of ſowre apples, well myngled together, to

quenche the venimous fumes that myght ryse vp to the brayne. And if the pacyente be young, and strong, hauyng a good stomake, hole wynded, hoate of complexyon and in tyme of heate, not subiect to the colyke, nor to none hydropsye, or apostumes in the bowelles, he maye drynke a good draughte or two of cleare and cold water comming out of a rocke, or of a runnynge water, or of a fayre spryng.

For when nothynge els can mitigate the thirst, yet wil cleare water by litle and litle, diminishe al the heate. But ye muste beware ye take no great excesse.

A ptisane wyth suger of roses, is verye good to drynke betwene meales.

The pacyent ought not for to slepe during the first .xviii. houres, and in the time that he receiueth hys medecynes.

Afterwarde he may slepe a litle at once to comfort the weakenes of the spirites, & he ought euery day to goe to siege once.

And aboue al other thinges let him not dyspayre, but bidde hym be of good cõforte and doubt not of hys health, so he take no thought, but as muche as is possible, make hym to reioyse as wel by communycacion

as

as by mulſyke, and bryngyng in vnto him good and holſom herbes, fruites, boughes and other thynges of comforte, but yet not wythſtandyng ſee that he remember god, and not forget hys owne conſcyence, for in thys ſyckenes the worſte is euer to bee feared.

The thirde Chapiter, of the cure of peſtilence by the way of medicine.

AS ſone as euer ye fele your ſelfe infecte, take of the pouder of bole armoniake, in maner and fourme afore declared, or of the blacke receyte, the weyght of halfe a crown, more or leſſe, accordyng to the vertue of the pacyent, mingled wyth the water of roſes, and a lyttle vineger, as is ſayd afore, and drynke it al at one draughte,

And if ye cannot get the forſayed pouder, or peraduenture ye wyll abhorre to take it, then drynke a lyttle porcyon of the receyte folowynge, whyche is verye excellente.

A receyte agaynste the pestylence.

TAke the rote of turmentyle dryed in the shadowe, of saffron, and of mustarde sede asmuche of one as of an other, make of thē a ponder, and incorporate it wyth the thyrde parte of mithridatum, or of fyne tryacle, wyth a lytle strong vyneger, in maner of an opiate, kepe it in an earthen vessell close, and in tyme of nede vse it. The weyght of it at once, is from halfe a dramme vpwarde. Thys receyte worketh more vpon the venym when it doth vpon the fever. And euery day folowyng it is good to take a lytle syrupe of lymons, wyth water of sorell, or of mattelon, or of our lady thystle.

And he that hath none of the sayed syrupes, let hym vse the waters of the same herbes, or the good water that I haue discribed in the chapter of medycines preseruatyues.

Auicenne saieth, that whosoeuer taketh an onyon and drynketh it in mylk fasting in a mornyng, he shalbe safe that daye frō all infectyons of the pestylence. Therfore some

some are wonte to roste two or three onyons, and to eate them wyth vyneger and browne breade nexte theyr hearte afore they enter into any suspects ayre. And haue founde health in theyr so doyng.

IOhannes Manardus, a man of hye knowledge in the arte of medycyne and of greate aucthoritie amonges all learned men, describeth in hys boke of Epystles, a very good receit, aswel preseruatiue as curatyue deuysed by hymselfe for lacke of good triacle, and is of merueilous operacyon, as well in thys dysease, as in healyng all maner venymous woūdes, both of adders, snakes and other kynde of serpentes. The receite of this noble medycyne is thys.

Manardus medycyne for the pestylence.

TAke the dryed bloud of a drake, & of a ducke, of a gose, and of a kyd, rue, fenell sede, the sede of cumin, dille, and of wylde nepes, or garden neps or rapes, of euery oue three drammes, the

rote of genciane, trifoile, squinantum; frā-
kensence, roses dryed, of ech. iiii. drammes.
White pepper and long, cost, valeryan, a-
nyse, cinamome of ech. ii. drammes, mirre
narde, of ech. vi. drammes, beniamin, assa-
rum, gumme armoniake, of eche thre drā-
mes, aloes, agaryke, of ech two drammes
carpobalsami. xx. graynes, ireos, saffron,
reubarbe, and reupontyke, gynger, ma-
styke, of eche one dramme, stycados, fyue
drammes.

Make a fyne pouder of these, and with
foure tymes asmuch of clarysyed honye,
myngle al together, and kepe it in a syluer
vessell or a glasse stopped, for it is an hye
treasure, in such a case. The dose of it is
two drammes in wyne or water of sorel.

Here foloweth an electuary of a wonderful vertue, in the time of pestilence.

Thys electuary is of so great vertue,
in them that doe receiue it once in. xxiiii.
houres, that they may be sure from al euil
infections of corrupte ayres and contagi-
ous, all the day after.

But

the peſtilence.

But in them that are infecte already, and are taken wyth the peſtylence, if they drynke of it but one ſponefull, as ſhall bee ſayed hereafter, (ſpecially after lettynge bloude, if it be conuenyente to the pacient) and laye hym downe and ſweate vpon the ſame, if the venim hath not vtterly ouercome the hearte, he ſhall vndoubtedlye recouer.

It hath beene latelye proued that, after drynkynge of the ſame medycyne whan the pacyente made hys water in an vrynall the glaſſe hath burſte in pieces, by reaſon of the venym that it purged oute.

Thys is the makyng of the ſayed electuary.

Take cinamome elect, one ounce, terra ſigillata. vi. drammes, fine mirre. iii. drammes, vnicornes horne. i. dram the ſede and rinde of citron, rotes of dipiany, burnet, turmentille, ſedoary, red coral, ana, dra-mes. ii. yelow ſaunders. iiii. ſcrupules, red ſaunders. ii. ſcrupules, white bean and red floures of marygoldes, ana, one dramme, iuerye, raced, ſcabyouſe, beronici tunicte, ſcede of baſile, the bone of a ſtagges heart

saffron, ana. ii. scruples, make a fyne powder, & adde vnto it of bole armoniake prepared two onnces, whyte suger three pounde, and wyth a syrupe of acetositate citri, make a goodly electuarye, and keepe it in a glasse.

If the pestilence commeth with greate excesse of heate, drynke it vppon rose water and vyneger, but if ye fele it colde take in it a draught of wyne, and couer you wyth clothes, so that ye maye sweate as long as is possyble, for wythout doute, it is a presente remedy as I my selfe haue oftentymes proued.

An other deuine medecine, in a liquide fourme.

Take rue, wormwood and balme the herbe, of eche a lyke porcyon, of celidony, both herbe and rote asmuche as all the other, so that ye haue of them. iiii. a good bygge handefull, washe the rote of celydony, very cleane and purely, in wine or in faire clere water, than put the al into a new pot of earth neled with, and poure vpon the herbes, halfe a pounde of the moste stronge

geſt vineger ye can get, couer them inſte, and lute the mouth of the potte, wyth luto ſapientie, which is made of wheat flourc, and the white of an egge, that no breathe may iſſue, and ſeeth it eighte or nyne houres, with a ſoft fyer, than let it coole by lytle and lytle, and after ſtrayne the herbe, and ſet the licour in the ſonne to rectifye.

¶ Whan a perſo is infected with the peſtilence: Firſt as I ſayde afore, lette hym bleede in a due vayn, thā geue him a ſponcfull of this licour, with as much as a nutte of triacle if ſo be ye haue any, luke warme by and by let a cruſte of bread all hote, bee dypped in vyneger, and holden to hys mouthe, that he may the better brooke the medicine.

And if he chaunce to vomite, incontinēt waſhe his mouthe with wyne, and cauſe hym to receyue againe an other ſponcful, and ſo if nede be, fiue or ſixe tymes tyll ye ſee that he receiue it, which is a very good ſigne, if he ſo do.

After this ſet him in a warme bed couered, that he may ſweate out the reſidue of the venime, and by the grace of god, he ſhall eſcape the daunger.

This

This is a medicine of infinite vertue. But if the pacient haue a great heate, geue hym no triacle, or els very litle.

The fourth chapter of the cure of pestilēce, by letyng of bloud, ventoses, and purgacions.

Although phlebotomy or lettyng of bloude, be one of the chiefe thynges that are required to the cure of the pestilence, yet for lacke of vnderstandyng and lettyng bloud otherwyse than behoueth, many one is cast away: and therfore euery good and barbour ought for to take hede, that he hurt not them, whiche comth vnto hym for helpe (for that were a greate shame) which he shall neuer doe, if he ponder wel the thynges that shalbe sayd hereafter.

This is a generall rule.

In the tyme of pestilence whan a body is infect, ye may not haue respect either to the signe, the day or ỹ houre but whether the moone be there or not, or what aspects so euer bee in the planets let him

him blede forthwith in the name of God. Young men and sanguine, and they that haue aboundaunce of flesshe, and of blonde mingled with other humours, oughte to blede somwhat more in quantitie, but alwaies kepe a moderacion, that ye take not out to great a quantitie at once.

It is better to lette him bloud twise leauing the wounde of the firste stroke open, and annoint it with a litle oyle, and after foure or fiue houres, let hym blede in the same wounde agayne, but withoute stynkyng if it be possible.

But alwaies geue an eye to the strength of the pacient, that it be not enfebled: and agayne beware, that ye haue taken away the rankest, and ỹ strongest venim, wherin if ye be doubtful, take ỹ counsel of some good expert phisicion.

Also ye muste note, that ye maye not let blonde to anye chyldren within the age of fiftene yere, nor to olde men aboue fifty yere olde, nor to women great with childe, specially nere vnto their time, nor when their due purgacions is vpon them, nor to the that are newly brought to bed, or within a weke or .ii. after the is purified generalli to

none

none whiche is weake and feble in his bo-
dye.

Ye shall also note, that there are some
elde menne of better strengthe and com-
plexion, than many younge are of, and a-
gayne, diuers younge children of tenne or
twelue yeares olde, are of hyther courage
and of as good strengthe, as they that are
many yeres elder. In suche cases, a litle e-
uentacion of the infected blonde, may bee
the sauing of their lyues, so that al thinges
be done with good discrecion.

It is wisdom also to let them blonde ly-
ing vpon their backes, whome ye thynke
would faint in standyng or in sittyng.

And if the case do require the letting of
blonde, and the paciente bee not hable to
beare it for anye of the causes afore reher-
sed, it is good to applye ventoses, in ma-
ner and fourme as I shall declare hereaf-
ter.

And here we should say somwhat of the
greate errours that many doe commit in
takyng one vein for another, for by such
errours is the venim draiven many times
vnto the heart, and so procureth death vn-
to the pacient.

Wherfore

Wherfore that ye may not be deceyued euer in the peſtylence, let hym bloude on that ſyde that the ſore is on, and not on the contrary ſyde, in any wyſe, for that ſhould drawe the venime ouerthwart the members ſpirituall, and ſo deſtroye the manne.

But or euer ye let him bloud, it is good to geue ſome good and holeſome medicine againſt the venim, ſuch as is declared in ỳ chapters herebefore.

If the botche appeare vnderneath the eares, let hym bloud in the head veyne of the ſame arme, or els in the braunch of the ſame veyne, whiche is vpon the hande, betweene the middle finger, and the nert that is adioyning.

If it appeare vnder the throte, take the ſame veine, and within a whyle after, it is good to open the twoo veines vnderneth ỳ tongue.

If the ſore be ſet within the armeholes take the vayne called Mediana, whiche is betweene the foreſayde head vayne, and the veyne commyng from the liuer.

If the ſore bee ſette within the flankes, then ye muſte open the veyne called Saphena,

phena, which is about the ancle of ẏ foote, on the inner syde: and if ye cannot fynde it there, take the braunche of it, ẏ is betweene the great toe, and the nert vnto hym, but ẏ letteyng of blonde in that vayne is forbydden vnto women when they be in health.

And if there appere two botches, one on euery syde, Panardus geueth counsayle to take the right syde, and not the left.

And in case there doth appeare no signe of botchyng or swelling, than he byddeth you to open bothe the vaynes saphenas on the right syde and on the left.

Notwithstandyng, Marsilius Ficinus is of a contrary opinion, and sayeth that it is best when there doth no sore appere, to take the common veyne on the ryghte arme.

I thinke herein Panardus counsel rather to be folowed.

But yf ye see the botche standyng outeward, more towarde the bouncche, than ye must open the vein called sciatica, whiche is about the ancle of the foote, on the outeside. The whiche opening of the veynes must be done assone as is possible alwaye presupposed that he hathe receined one or

other

other medicine against the venime, & that he slepe not in anye wise, as is afore mencioned. And to them that cannot lawfully be letten bloude, ye muste in all haste applye many ventoses, with scarificacion or without scarifying, as it semeth beste to your discrecion, so ye take a reasonable order thus. If the sore be under the eares, or aboute the throte, let your ventoses be applied behynde upon the necke.

If the botch appeare under the armes set your ventoses behynd upon the shoulders. If the sore be in the flanke, or thyes, let your ventoses be set upon the bouttockes.

And yf the pacyent be replete with humours and strong, hauyng no flux nor other impediment, and ye thynke he nedeth to bee purged: ye maye geue hym in the mornynge one ounce of cassia, or of mãna, wyth a litle dyapruns laxatyue more or lesse, accordyng to the pacyentes necessitie, tempered with water of scabiouse, sorell, or endyue, euer takynge hede, that he dooe receyue some medycyne agaynst the venime, duryng all the tyme of his disease.

The

The fyfth Chapter, of application of outward medicines.

HEre is to bee noted that no maner playster repercussiue, may bee set vpon any botche of pestilence. But assoone as is possyble, after lettyng blood it is good to take an onion, and to make an hole in the middest of it, then fyll it full of good tryacle after that stoppe it, and set it on the harth to roste, as it wer an apple. And when it is rosse so long tyll it be tender, lette it coole a lyttle: and sette it hote vpon the botch, and when it hath ben there by the space of two houres, take it of, and lay another on.

Or take a cocke and pull the fethers of, about his foundament, and put a litle salte in it, and set his foundament vpon ỳ sayde botch, kepyng hym on a good whyle, stoppyng many tymes his byll, that his breth may be retayned, and let him blow again. And yf the cocke dye, it shalbe good to take an other ponge cocke, and splitte it quicke a sunder, and laye it on the botch, but ye must commaunde them that take them of, to

to caste thē in the fire, and not to take the sauour whē it is remoued: for that is very daūgerous. Some there be that lay about the sore, water leches called bloudsuckers, and it is very good, so they be well prepared, and clensed from corruption. Other apply ventoses with scarification, but thei ought firste to be applied without en anye scarifyinge, so they shall the better drawe the venim out.

Other lay therto a plaister made of galbanū, diaquilō, and armoniake, incorporate togither, & some other lay on it a plaister made of figges, soure leuen, & reisins without kernels, breard & incorporate altogether in oile of camomill. There be also that set vpon the botche an herbe called crowefote which is very hote, & maketh a blister on ỳ skinne, & that same they breake, and kepe the place open many daies after. And in that case, yf the botche be in the very arme holes: it is beste to set ỳ said herbe a loft vpon ỳ arme. And some other breake the forsaid botche with a strong ruptorie, hauing part of maturatiō, as for example thus. Take sowre leuen soure oūces, mustarde, rue, scabiouse, woormewoode, of

euery one an hādfull, white lilly rotes, the third part of all, grene copporose two drāmes, canthrides in numbre. x. galbani one ounce, olde nuttes, and sumwhat fusty, or els newe, yf ye can not get them in nūbre. iiii. oile of white lilies, asmuche as shal suffice, seeth all the herbes and rotes in oile, accordinge to arte, with a double vessell, that is to saie: the oile being in one panne may seeth onely by the boiling of the water in an other great panne, and make a plaister with the residue of the stuffe in a good fourme. It hath a greate vertue to breake a pestilence sore without much paine, and afore ye laye it on, washe the sore with a sponge dipped in the straininge of the forsaid herbes and rotes.

Other take oyle oliue and sieth it with oken asshes, adding vnto it a litle of blacke sope, and quicke lime, and make a plaister of the same, it is not to bee vsed but in strōg complexions.

And all the forsaide waies are to be commended. But after one hath vsed them a while, and sieth they beginne to come to maturation, let him take the counsell of a learned surgyon, or any other of good experience,

perience, and to set maturatiue emplaisters, vnctions, and bathes, accordinge as becommeth, percing the apostume in the softeste place, afterwarde procede with mundification and incarnation, euen as in other kindes of apostumes: wherein I humbly desire them to haue some pytie of the poore, that be diseased, and not to fauoure them that haue ynough, but rather take somuche of the riche, that they maye the better haue wherwith to helpe ỹ nedy. And for because the sicke maye haue some comfort, if in cas they shoulde be destitute of surgeons, I will (besides the said medicines whiche they maye confidently vse,) describe somme maturatiue emplaisters that are experte and proued in this cure of pestilence.

A plaister to ripe a botche comming of the pestilence.

TAke mallowes, & the rootes of holihocke, & onions, asmuch as shal suffice, washe thē & seeth thē in water, & afterward bray thē in a morter with pouder of linesede, & of fenugreke, & a good

quantitie of swines grese fresh, laying on the plaister euery day once.

An other for the same.

TAke white diptany an ounce and an halfe, the roote of walwort an oūce, the rootes of cresses halfe an ounce, white onions, twoo ounces, seeth the rootes in water, and rost the onion vpon the coles, then stampe thē altogither, addinge of oile of camomill. iii. ounces, rosin one ounce nettle sede fyre drammes, ware, asmuche as shall suffice, and make a goodly plaister or an ointment at youre pleasure, for it ripeth the said botche in a short space and consumeth the venime, and is good aswell for youngmen as for olde.

And afore that it be thorough ripe, cause it to be perced as it is said afore. And if after the said percinge there be great paine, take the yolke of an egge well beaten, and a litle oile of roses, & annoint a tent therin and put into the sore for to ceasse the peine. Afterwarde mundifie the place with a salue made of yolkes of egges, fine barly flourc, and a litle hony of roses. Last of al, for the perfecte incarnacion, take the iuice of daises, and with a litle ware make a

softe

softe ointmente, and vse it, or ye maye lay therto any other salue incarnatiue, as ye are wont to do in other clene sores. Prouided alway that it is better in this case, to breake the sore by times, than to tary for ỹ riping long, lest perchaunce the venim being included gather strength by the putrifactiõ, and so returne again vnto the hert: therfore open it, afore it come to ripinge, & after procede with your maturatiues and other holsome plaisters.

Thus muche haue I spoke of surgerye in the exterior cure of one that hath ỹ botche, so farre as God hath geuen me vnderstanding to perceiue, according to the mindes of suche famouse clerkes, as haue most effectually written of the same. Now will I declare a litle of the exterior cure of him that hath no botch at al, and yet is sore infected with the pestilence.

For the noble handy woorke of surgerye, is conuenient to them both, as witnesseth Marsilius Ficinus, in his booke of pestilence in the .xi. Chapter. And the fourme of it is this.

After that the pacient hath receiued some good and holsome medicine againste the

pestilence, & swette (or after letting bloud, if the case do so require) by and by ye must apply your labour to take awaie the residue of the venime, that remaineth in the body. And to that intent ye ought to make a ruptorie of sowre leuen and cantharides, or other aboue rehersed, and set it on the muscule of the right arme, vnder the cubite, on the parte where as the pulse lieth, but not vpon the pulse it selfe, and so procure a blistre, whiche ye shall immediatly cut of, and kepe the sore runninge manye dayes after, the longer the better for the pacient.

An other issue ye may make in the same maner, vpon his right legge, four fingers aboue his hele toward the instreppe, & kepe it open likewise, till emoneth or two after he be recouered.

The. vi. Chapter of the cure of carbuncles and anthrax.

As concerning the curation bothe of a carbuncle and the pestilence sore called anthrax, ye maye do euerye thing accordinge as we spake afore in the generall cure of the pestileuce, bothe as touching

touching diete, medicines against the venime, cordialles, laxatiues, blond lettiges, and vētoses, ye shal heale them as ye heale the botche, in all thinges. But as touching letting of blonde, when ye se a carbūcle or an anthrax by him self without apostume of the emunctories, be it vpon the necke, or vpon the throte, or the face, or the head, ye must let him blond in the head veine. If it be vpon the shoulders, brestes, or armes, or other places aboue the nauill, take the veine called mediana.

And if it be beneth the said places, downe vnto the knees, take the veine saphena, but if it be on the outside of the thigh, take the veine sciatica, euer vpon the side that the sore is on, (as is said afore) considering the complexion, the strength, the age, and the qualitie of the blond, euen as is said in the chapter of the botche, and likewise apply the ventoses vpon them that can not beare flenbothomie.

Which thinges presuppoſed, it is good to set vpon the carbuncle, whether it be with botch or without botche, the yolke of an egge, incorporate with as muche salte as ye can temper with it, renuing it euery

houre during a hole day.
Or els apply ye said leches or bloud suckers round about the sore, and after they haue sucked out the bloud, set theron a cocke as is saide of the botche, or els a doue all hote splitte in the middle. And he that can not gette the leches, yet let him not faile to apply the residue of the saide medicines, euery one after other as afore is saide.

Or a hote lose commin out of the ouen, or take a sower pomegranad, and cut and seeth it in vineger, or scabious brused betwene two stones, or the rote of daises, or good sowre dough, incorporate with salte and a litle oile olive: all these medicines are good to kill the carbuncle.

The precious stone called a saphire hath also greate vertue against venim and specially against a carbuncle, if ye touche it with the stone, and drawe it rounde about the sore by the space of an houre.
But what soeuer medicine ye set vnto a carbuncle, ye muste lay a defensiue about the sore, whiche is made as herafter followeth.

A good defensiue.

Take

Take sanguis draconis, and bole arment, of eche a like muche, make them in pouder and incorporate them with oyle of roses, and a litle vineger, and laye it in a clothe all about the sore, with oute touchinge any part of it, and renewe it when it is harde and drie.

But if the person be of good abilite, and the carbuncle very fearce and burninge, cannot be quenched with the meanes aforsaide than ye must procede with an actuall or potenciall cauterie, and to remoue the eschare, lay on capons greace or a litle butter, or els a plaister made of mallow leaues, holihockes violettes, lily rotes sodde in broth of netes fete or other flesh, and afterward stamped, strained, and vpon the fier mingled with pouder of linesede, barly floure, beane floure, freshe butter, and swines greece, adding in the end whan ye take it of, twoo yolkes of egges and a litle saffron, and stirre it well about.

This is good also to ripe the forsaide sore, afterwarde mundify and heale as is saide in the other chapter.

I could declare many other remedies but I set them that haue bene often proued,

and

and that be-motte easy for to get at vede,
desiring all them that shall vse these my
simple labours, to accept my good
will vnto the best, and to praye to
God almyghty for his gra-
ce, vnto whom onely
be all lawde glo-
rie and ho-
nor,
worlde without ende.
Amen.
(.·.)

¶ A declaration of the veines in mannes bodye, and to what diseases and infirmities the opening of euery one do serue.

IT is not vnknowen to any which haue seene Anathomies, howe there be in a mans body two kyndes of veines, generall and speciall.

Generall or commune veines are thre which appeare in the middest of euerye mans arme on the inner side, and of them the highest is called of lerned menne cephalica, or the head veine and the lowest of all three, is called commonly basilica or regia, in the right arme by an other name epatica, or the veine of the liuer, but in the lefte arme, it is called pulmatica, the veine of the longes.

The thre common veines, lieth betwen the other. ii. in the middes, and is named cordiaca, or the veine of the hert.

The first that we did speake of, that is

is to saye cephalica, is a veine moste apte to be letten bloud, in al the hier partes of mānes body, and is opened for the head ache, and the eies.

This veine if by chaunce ye touche it, and if it blede not at ỳ first stroke ye may be bold to strike it once again, for there is no ieoperdy of cutting of any muscle. And if ye can not finde it out, take his braunch that is about the thombes ende.

The veine epatica, emptieth from the middle partes of al the body, and it is euer opened agaunste diseases of the stomake, and the splene, but ye ought therin to be verye diligent, that there be no muscule perced.

If ye can not spie in the arme, seke the braunche of it betwene the litle finger and the fourth.

The cordiaca veine draweth bloude as well from beneth, as from aboue, for it is compouned of cephalica and epatica.
If any feleth a weakenes at his herte, he oughte to take good hede that he be not opened in the veine cordiaca, but yf necessitie be of bledinge, let him blede in the cephalica or els mediana.

So

So likewise of the other.ii. The cordiaca, is good to cure the passions of all the hole bodye, whan they do procede of heate, specially of the hearte and of the longes.

But in the percinge of it, ye must exceedingly beware, for vnder it is a certaine muscle, whiche if it be very depelye cutte, the pacient is in ieopardy of his life.

When ye entend to let a person bloud in any veine, ye must bath the arme wherin ye perce, in good hote water, and draw the hole abrode, that the grosse bloud maye the more easely passe. And here is to be noted, that in all sickenesses and times (except only infection of the pestilēce) ye must take thesame veine of the.iii. that doth appeare fuller and bigger than the other are, for by that ye maye perceiue that the mēbers whiche belonge vnto it, are full of superfluites of to hote bloude, and this shalbe sufficient of the layde vaines generall: nowe we will reherse the vemes speciall.

The veine in the higher part of the forehead, is good to be opened in all diseases of the head, and of the braine, specially if they be of long continuaunce, and it cureth the newe begon lepry.

The.

The.ii. veines that are behinde the eares, are opened to preserue the memorye, mundifie the face, & to take awaie reums and distillacions from the head, and are good generally in al diseases of the mouth and of the gummes.

The.ii. veines of the tēples of the head, are good to voide humours from the eies, And they serue also for all diseases of the eares.

The.ii. veines in the corners of the eies are opened in the cure of webbes spottes, cloudes, mistes, perles, rednes, cornes, and other infirmities and weakenesse of the sight.

The.ii. veines in the holownesse of the eares, serue to heale the shakinge of the head, swimming of the eies, deafnes, sounding of the eares, new deafnes, and vncleannes of the mouth.

The veine in the tip of the nose, is good againste apostumes of the heade, reumes, and fluxes of the eies, it purgeth the braine, and conforteth the memorye.

This veine muste be sought verie wysely, for it lieth depe, therefore he that will

be

be sure of it, shall finde it euen in the verye middes betweene the two sides of the nose ende.

The two veines within the nosethrilles, are opened against the heuines of the head.

The veine of the lippes, is good to take in all diseases of the mouth.

The .ii. veines within the mouth, are opened in diseases of the head, to the ache, paine of the iawes, mouth and throte, and against frekles of the face.

The foure veines in the palate of the mouth, are good to be opened in the toth ache, reumes and catarres of the head.

The two veines in the hinder part of the head, are good against the phrenesie, swimming, astonying, and all other paines of the head.

The .ii. veines vnderneth the tong, are opened against the flures of the head, palsies, quinsies, scrophules, apoplexia cough paines of the mouth, teeth, and gummes, against impedimentes of the speche, and generally in all diseases of ỹ breast, herte, longes and arteries.

The

The veine that is betwene the chin and the nether lyp, is good to open in curinge of a stinkyng breath.

The veine that lieth right vnderneth the chinne, is good againste thesame disease, and also in diseases of the heade and of the breaste, polipus in the nose, paines of the chekes, stinking of the nosethirls, scrophules and spottes about the face. The .ii. veines of ỹ necke (one afore, another behind) are exceadinge good against the pleuresie, newe lepry, shakyng of the membres, humours, and distillacions of the heade, and to muche fulnesse of limmes.

The .ii. veines vnder the arme holes, serue against the straitnes of the breast paine of the mydrife, and the longes, and against difficulty of breathing, called asthma.

The two veines aboue the elbowes are taken in all diseases of the breaste, swimmynge of the heade, spalme, and epilepsia, commonly called the fallinge euill.

Vena purpuria, or the purple veine, lyng in the right arme nerte epatica, towards the hand, is opened against diseases of spirituall membres and of the bowels.

The

The beyne illiaca nerte vnto the purple beyne, if it be well taken, is good to heale the paynes of all the inwarde members.

Vena pulsatilis, or the beating beine is good against the trembling of the hearte, swowning, and cardiaca passio.

The twos beynes of the thombes, are opened in dyseases of the heade, bleared eyes, and agaynste the moste parte of all feuers.

The beyne betweene the forefinger and the thombe, is good for stopping of ỳ head and to purge the superfluitie of cholete, is good in agues, and in all dyseases of the eyes.

The beyne that is betweene the rynge fynger, and the lytle (if it be opened) taketh away diseases of the head, the longes, and of the splene.

The beyne called salnatella in ỳ ryghte hande, betweene the lytle fynger and the nerte adioyning, is opened in opylacyons of the breast, agaynste the gummy matter of the eyes, perbrakyng, yelowe iaundys, paynes and colykes in the ryghte side of the belley.

And in the left hande it is opened agaynst al diseases of the splene, commyng of replexyon and oppilacyon, and is good to heale the hemoroides, phrenesy, colykes in the left syde, dyseases of the veynes, and to muche aboundaunce of the floures.

The veyne of the ryghte syde, if it be opened, is good in lyenteria, dissitria, dropsyes and other infirmityes caused of colde matter.

The veyne of the lefte syde is good agaynst apostumes and excoriacyon of the bladder, paynes of the loynes, swelllynge and stoppyng of the splene.

The veyne of the belly is good against dyseases of the reynes, and purgeth oute the melancholy bloud.

The .iiii. veynes about the place called pecten, on eyther syde the pryuy members are good agaynst superfluous yssues of ye hemoroides, and to swage payne in all diseases of the bladder, and the secrete places they stoppe the bledyng of the nose and of other members, and are good to heale the lientery and strangury.

The veyne ouer the foreskynne of the yearde, is opened agaynst the dropsye and all

al dyseases of the same member.

The veyne vnderneth the sayed skynne is holsome to be taken for the crampe or spasme, colyke, swellyng of the cods, strãgury, dissurie, and dyseases of the stone, both in the reynes and in the bladder.

The two veynes of the thyghes haue a synguler vertue in the curyng of diseases in the bladder, and the reynes.

The two veynes in the legges, do serue against the dropsy, payne and apostemacyons of the bladder, and the reynes, and the priuy members, and agaynste goute & swellyng of the knees.

The veine saphena on the inner syde of the legge, is opened agaynst recentyon of the flowers, and in all diseases of the matryce, reynes, hyppes, priuy places of men and women.

The outwarde saphena, otherwyse called sciatica, descending from the legges on the outsyde, is exceadyng good in curynge the payne of the huckle bone, whereof it hath the name sciatica, and ouer that it beleth al diseases of the bladder and the bowels, goute of the handes and of the feete, wyth other payne of the ioyntes, and the palsy.

The two outward veynes vpon the ancles, are good to be opened for retencion of the floures, they take away the sykenes of the splene, and ease the payne of y backe, strangury, and stone.

The two veynes vnder the lytle toe are good to purge the superfluite of the matryce, and to heale scrophulus of the face and the legges.

The two veynes adioyning to the little toe, cure the apoplexie, yelow cholere, palsy, and al dyseases of the reynes.

The two vaynes in the lefter ioynte of the lytle toe, are opened in curynge of an olde cough, pukkes, and ophthalmia in the eyes.

The two veynes in the myddle toe, are good agaynst the scrophules, and vlceres of the face, spots, rednes, and pimples, wet tryng of the eyes, cankers and knobbes, & agaynst the stoppyng of the floures. The veine on the left hand in the great toe, is good agaynst ophthalmia of the eies, spotes of the face and the legges, pych, and vlcers of euyll complexion, and purgeth superfluities of the matryce. Thus muche I haue declared of the vertue of veynes.

Finis. The

¶ The boke of chil-dren.

TO begin a treatise of the cure of chyldren, it shoulde seme expedyente, that we shoulde declare somewhat of the prynciples, as of the generacyon, they beeing in the wombe, the tyme of procedynge the maner of the byrth, the byndynge of ẏ nauyl, settyng of the members, lauatories vnctions, swathynges, and entreatementes, with the circumstaunces of these and many other: whych if I should rehearse in particles, it should require bothe a longer time, and encrease into a greater volume. But forasmuche as the most of these thinges are very true and manyfest, som pertaynyng onely to the offyce of a midwyfe, other for the reuerence of the matter, not mete to be dysclosed to euery vile person: I entende in thys boke to lette them all passe, and to treate only of the thynges necessary, as to remoue ẏ sickenesses, wherw

the tender babes are oftentymes affected, and desolate of remedy, forsomuch as many doe suppose that there is no cure to bee ministred vnto them, by reason of theyre weakenes. And by that vayne opinion, yea rather by a folysh feare, they forsake many that myght be wel recouered, as it shal appeare by the grace of God hereafter, in thys lytle treatise, whe we come to ỳ declaracyon of the medicines. In the meane season for confusitie of the matter, I entend to wryte somewhat of the nource, and of ỳ mylke, with the qualities, and complexios of the same, for in that consisteth ỳ chyefe poynte and summe, not only of the maintenaunce of health, but also of the fourmig of infectynge eyther of the wytte or maners, as the Poet Virgil when he wolde describe an vncurteis churlysh, and a rude condicioned tyraunt, dyde attribute the faulte vnto the geuer of the mylke, as in saying thus.

Nec tibi diua parens, generis nec Dardanus author,
Perfide, sed duris genuit te cautibus horrens Caucasus, hircanaeque admo-

runt

runt ubera tigres.

For that diuine Poet beeyng throughly expert in the priuities of nature, vnderstode ryghte wel how great an alteracyon euery thyng taketh of the humour, by the whyche it hath hys alymente and nourysshynge in the youthe: whyche thynge also was consydered and alleged of manye wyse Phylosophers: Plato, Theophrastus, Xenophon, Arystotle, and Plynye, who dyd al ascribe vnto the nourremēt as much effecte or more, as to the generacyō.

And Phauorinus the Phylosopher (as wryteth Aulus Gelyus) affyrmeth that if the lambes bee nouryshed wyth the milke of goates, they shal haue course wolle, like the heare of goates: and if kyddes in lyke maner sucke vpon shepe, the heare of them shalbe soft lyke wolle.

Whereby it dooeth appeare, that the mylke and nourishing hath a marueilous effecte in chaungyng ẏ cōplexion, as we se lykewyse in herbes and in plantes, for let the sede or ympes be neuer so good & pure, yet if they be putte into an vnkynde earth or watered wyth a noughtye and vnhol-

some humoure, eyther they come not by at all, or els they wil degenerate and turne out of they^r kynd, so that scarse it may appeare from whence they haue bene taken: accordyng to the verse.

Pomaque degenerant, succos oblita priores:

Wherfore it is agreyng to nature, so is it also necessary and comly for the own mother to nource the own chylde.

Which if it may be done, it shalbe most commendable and holsome, if not ye must be wel aduised in takyng of a nource, not of il complexion and of worse maners: but suche as shalbe sober, honeste and chaste, well fourmed, amyable and chearefull, so that she maye accustome the infante vnto mirth no dronkarde, vicious nor sluttysshe for suche corruptethe the nature of the chylde.

But an honest woman, (suche as had a man childe lasse afore) is beste not wythin two monethes after her deliueraunce, nor approchyng nere vnto her tyme agayne. Whese thyngs ought to be considered of euery wise perso, y^t wil set their childrē out to nource. Moreouer, it is good to loke vpon

milke

milke, and to see whether it be thicke and grosse, or to muche thinne & watrye, blackyshe or blewe, or enclinyng to redneſſe or yelowe, for all suche are vnnaturall and euil. Likewyse when ye taſte it in youre mouth, if it be eyther bitter, salt, or soure, ye may well perceyue it is vnholesome.

That milke is good, that is whyte and swete, and when ye droppe it on your nail, and do moue your finger, neyther fleteth abrode at euery sterynge, nor wil hang fast vpon your nayle, when ye turne it downwarde, but that whiche is betwene bothe, is best.

Sometyme it chaunceth that the mylk wasteth, so that the nourse can not haue sufficient to sustayne the child, for ỹ which I wil declare remedies leauinge oute the causes for breuitie of time.

Remedies appropriate to the encreasynge of mylke in the breastes.

Parsneppe rootes, and fenell rootes sodden in brothe of chickyns, and afterwarde eaten with a litle freshe butter,

butter maketh encrease of mylke within the brestes.

An other.

The pouder of earthwormes dried and dronken in the brothe of a neates tounge is a singuler experiment for the same intent

Also the broth of an olde cocke, w mints cinamome and maces.

Rice also sodden in cowes mylke, with the crummes of white bread, fenell seede in pouder, and a litle suger is exceadynge good.

An other good medicine for the same.

Take Christal, and make it in fine pouder, & mire it with as much fenell sede and suger, and vse to drink it warme with a litle wyne.

A plaister for the encrease of mylke.

Take fenell, and horehounde, of euery one two handfuls, anise sede foure drams saffron a scruple in pouder, sweete butter thre ounces, seeth thē in water, and make a plaister to be layd vpon ẏ nurses brests.

These thynges haue propertye to augment the mylke, dyll, anyse sede, fenell, Christal,

Christall, hoorehounde, freshe cheese, honye, lettuse, beetes, myntes, carrette rootes, parsneppes, the dugges or vdder of a cowe or a sheepe, goates mylke, blanched almondes, ryce porrage, a cowes tongue dried and made in pouder, potched egges, saffron, and the iuyce of rosted vele dronken.

Thus muche of the nourse, and of the milke: now wyll I declare the infirmities of chyldren.

Although (as affirmeth Plinie) there be innumerable passions and diseases, wherunto the bodye of manne is subiecte, and as well maye chaunce in the younge as in the olde: Yet for moste commonlye the tender age of chyldren is chieflye vered and grieued wyth these diseases folowyng.

Apostume of the brayne. 1.
Swellyng of the heade. 2.
Scalles of the heade. 3.
Watchyng out of measure. 4
Terrible dreames. 5.
The fallyng euill. 6.
The palsey. 7
Crampe, 8.

Stiffenes

Stiffenes of lymmes. 9.
Bloudshotten eyes. 10
Watring eyes. 11.
Scabbynesse and ytche. 12
Diseases in the eares. 13
Neasyng out of measure. 14
Bredyng of teeth. 15
Canker in the mouth. 16
Quinsye or swollyng of throte. 17
Coughe. 18.
Streitnes of wynde. 19.
20. Febienes of the stomake and vomitying.
Wearing or hicket. 21
Colike and rumblyng in the guttes. 22
Flux of the belly. 23.
Stoppyng of the belly. 24
Wormes. 25
Swellyng of the naull. 26.
The stone. 27
Pyssyng in bed. 28
Brustyng. 29.
Fayling of the skynne. 30
Chasyng of the skynne. 31
Small pockes and measels. 32
Feuers. 33
Swellyng of the coddes. 34
Sacer ignis or chingles. 35.

Burnyng

Burnyng and scaldyng. 36.
Rybbes. 37
Consumption. 38.
Leanesse. 39.
Gogle eyes. 40.
Lyce 41.

Of the Apostumes of the brayne.

In the filme that coueretb the brayn chaunceth oftentymes apostemacio and swellyng, eyther of to much crying of the chylde, or by reason of the myll immoderately hote, or eccesse of heate in the bloude, or of colde fleume, & is knowen by these sygnes.

If it be of hote matter, the heade of the chylde is vnnaturally swollen, redde and hote in the felyng: if it come of colde matter, it is somewhat swollen, pale and colde in the touchyng, but in bothe cases ẏ chyld cannot reste, and is euer loth to haue hys head touched, cryeth and vereth it selfe, as it wer in a frensey.

Remedy.

Make a bathe of mallowes, camomyll, and lillyes sodden with a shepes head, & yll the

the bones fall, and with a sponge or softe cloutes, all to bathe the head of the chylde in a colde apostume, with the brothe hote as maye bee suffered, but in a hote matter, weete the brothe luke warme, or in thee coolyng, and after the bath, sette on a plaister thus.

A playster.

Take fenugreeke, camomyll, wormewood, of euerye one an handefull; seeth them in a close vessell, tyll the thyrde parte be consumed, then stampe them in a morter, and styrre them, to the which ye shall put of the same brothe agayne ynough to make a plaister, with a litle beane floure, yolkes of egges and saffron, addynge to them freshe butter or duckes grease sufficiente, and applye it. In a colde matter let it lye a daie: but in a hote cause ye must remoue euery fire houres.

Of swellyng of the heade.

Inflaction or swellynge of the head, commeth of a windye matter, gathered betweene the skinne and the flesshe, and sometyme betweene the flesshe & the bones of the scul, the tokens, whereof, are

are manifeſt ynough to the ſyghte, by the ſwellyng or puffyng vp, and preſſed wyth the finger, there remaineth a print, which is a ſygne of winde and viſcous humours, ye ſhall heale it thus.

Remedy.

Firſt let the nourſe auoide all thynges that engender wynde, ſalte or ſlimye humours, as beanes, peaſon, eeles, ſalmon, ſalteſiſhe and lyke: then make a playſter to the childes head after this faſhion.

Take an handefull of fenell, ſmallache, and dylle, and ſeeth them in water in a cloſe veſſell afterwarde ſtampe them, and wyth a lyttle cummyne, and oyle of bitter almondes, make it vp, and laye it often to the childes heade warme. In defaulte of oyle of almondes take goſegreace, adding a lytle vineger.

And it is good to bathe the place with a ſoft cloute, or a ſponge in the broth of theſe herbes: Rue, tyme, maioram, yſope, fenell, dylle, cummyne, ſal nitre, myntes, radyſh rootes, rocket, or ſome of them, euer taking hede that there droppe no porcion of the medicines in the babes eyes, mouth, or eares.

Scalles

3. Scalles of the heade.

The heades of chyldren are oftentymes vlcered and scalled, as well when they sucke, and then moste commonly by reason of sharpe mylke, as also when they haue bene wayned, and can goe alone. Sometymes it happeneth of an euyll complexion of humours by eatyng of rawe fruite, or other euyll meats, and sometyme by long contynuynge in the sunne, many tymes by droppyng of reasye bacon, or of salte beefe on they^r bare heades.

Otherwhyles they bee so borne oute of they^r mothers wombe, and in all theys is no great difficultie tyl the heare be growe but after that, they requyre a greater cure and a cunnyng hande, notwithstandynge as God shall geue me grace, here shall be sayde remedies for the cure of them, such as haue bene oftentymes approued wherin I haue entended to omitte the disputacions of the difference of scales, and the humours wherof they doe procede, and wyll go streyght to the compolicion of medycines, folowyng the good experience, here ensuyng.

ensuing.

Remedies for scalles.

If ye se the scalles like the shelles of oysters, blacke and drie, cleauinge vpon the skinne, one within an other, ye may make a fomentacion of hoate and moist herbes, as fenugreke, holy horke, beares breeche, lineseede, and suche other, soddē al or some of them in the brothe of netes feete, and so to bathe the sores, and after that applie a softe plaister of the same herbes, with gose grease or butter, vsinge this still, till ye se the scabbe remoued, and then wash it with the iuice of horehounde, smallach and betony, sodden togither in wine, and after the wasshing put vpon it pouder of mirre, aloes and frankensence, or holde his head ouer a chafingdisshe of coles, wherin ye shall put frankensence and saunders in pouder.

But if ye see the scabbes be very sore and mattrie with great paine, and burning of the head, ye shal make an ointmēt to coole the mater thus.

An ointment to coole the burning of a sore head.

Take white leade and lytarge, of euery

one.b. drammes, lie made of the asshes of a vine.iii.drammes, oile of roses, an oũce, ware an ounce, melte the ware firste, than put to the oyle and lie, with the reste, and in the ende.ii.yolkes of egges, make an ointment, and laye it to the head. This is the composicion of Kasis.

An other ointment singuler for the same purpose.

Take betony, grounswell, plantaine, fumitory, and daises, of euery one like muche, stampe them, and mingle them with a pounde of fresh swines greace, and let them stande closed in a moist place. viii daies, to putrify, than frie them in a pãne, and straine them into a cleane vessell, and ye shall haue a grene ointment of a singuler operacion for the saide disease, and to quenche al vnkinde heates of the body. Also ye must vse to shaue the head, whatsoeuer thinges ye do lay vnto it.

If there lacke the cleansinge of the sores, and the childe weaned, ye shall do well to make an ointment of a litle turpentine, bulles gall, and hony, & lay vpon the sores.

Also it is proued, that the vrine of a bulle is a singuler remedy to mũdify the sores, and

and to lose the heares by the rootes, without any peine or perelle.

The iuice also of mozell, daisie leaues & groundswell fried with greace and made in an ointment, coleth all vnkind heates and puskles of the head.

Here is to be noted, that during this disease in a sucking childe, the nource muste auoide all salt, and sower meates that engender cholere, as mustarde, vineger, and such: and almaner fruites, (except a pomegranade) and she must abstaine in this case, both from egges, and from other kinde of white meates in generall, and aboue all she may eate no dates, figges, nor purcelane, for many holde opinion that purcelane hath an euill propertie to breede scabbes and vlcers in the head.

Moreouer the childes heade maye not be kept to hote, for that is oftētimes the cause of this disease.

Sometimes it chanceth ẏ there breadeth in the head of childrē as it were litle warres or knobbes some what hard, & can not be resolued by the said medicines. Wherefore whē ye se ẏ none other thig wil helpe, ye shal make a good ointmēt to remoue it,

in maner as hereafter is declared.

An excellent remedy for warles or knobbes of the head.

Take litarge and white lead, of eche a like quantitie, brimstone and quicke silver quenched with spittle, of eche a lesse quantitie, twise asmuch oile of roses, and a spoonefull or two of wineget, mixe them altogither, on a marble, til they be an ointmēt and lay it on the head, and when it hath ben dry an houre or .ii. washe it of with water, wherin was sodde maioram, sauery and mintes, vse it thus twise a daye. morninge and euening, till ye see it hole. This thing is also good in all the other kind of scalles.

4.

Of watching out of measure

SLepe is the nourishmēt and foode of a sucking child, and asmuche requisite as the very teate, wherfore whan it is depriued of the naturall rest, all the hole body falleth in distemper: crudities and weakenes, it procedeth commonly by corruption of the milke, or to muche abōdaunce, whiche ouerladeth the stomake, & for lacke of good digestion, vapours and fumes

fumes arise into the heade, and infect the brayne, by reason whereof the childe can not slepe, but turneth and vereth it selfe with crying.

Therfore it shalbe good to prouoke it to a natural slepe thus, according to Rasis.

Annoint the forehead and temples of the child, with oile of violets and vineger, putting a drop or two in the nosethrilles, and if ye can gette any sirupe of popie, geue it the child to licke, and than make a plaister of oyle of saffron, lettuse, and the iuice of poppy, or wette cloutes in it, & lay it ouerthwarte the temples.

Also the seades and the heades of poppie, called chesbolles, stamped with rosewater, and mirte with womans milke, and the white of an egge, beaten all together and made in a plaister causeth the childe to receiue his naturall slepe.

Also an ointment made of the seede of popy and the heades, one ounce, oile of lettuse, and of popy, of ethe .ii. ounces, make an ointment and vse it.

They that can not gette these oiles may take the herbes, or iuice of lettuse, purcelane, houseleke, and popye, and with wo-

mans milke, make a plaister, and lay it to the forehead.

Oyle of violetes, of roses, of nenuphar are good, and oile of populeon, the broth of mallowes sodden, and the iuice of water plantaine.

Of terrible dreames and feare in the slepe.

OFtentimes it happeneth that the childe is afraid in ỹ slepe, and sometimes waketh sodainly, and sterteth, sometime shrieketh and trembleth, which effect commeth of the arising of stinkinge vapours out of the stomake into the fantasie, and sences of the braine, as ye maye perceiue by the breath of the childe: wherfore it is good to geue hym a litle hony to swallowe, & a litle pouder of the seedes of peome, and sometimes triacle, in a litle quãtitie with milke, and to take hede that the childe sleepe not with a full stomake, but to beare it about wakinge, till part be digested, and whan that it is laide, not to rocke it muche, for ouermuche shakinge letteth digestion, and maketh the childe many times to vomite.

The

of children.

The falling euill called in the greke tonge epilepsia. 6.

NOt onely other ages but also litle children, are oftentimes afflicted, with this greuoule sickenes, sometime by nature receiued of the parentes, & than it is impossible, or difficile to cure, sometime by euill & vnholsome diet, wherby there is engēdred many cold and moist humours in the braine, whereupon this infirmity procedeth, whiche if it be in one that is young and tender, it is very harde to be remoued but in them that are somewhat stronge, as of seuen yeares and vpwarde, it is more easy.

I finde that many thinges haue a naturall vertue againste the falling euill, not of any qualitie elementall, but by a singuler propertie, or rather an influēce of heauen, whiche almightie God hath geuē vnto thinges here in earth, as by these and other.

Saphires, smaragdes, red corall, piony, mistletowe of the oke, taken in the monethe of Marche, and the moone decreasynge, time, sauein, dille, and the

ſtone that is founde in the bellie of a yong ſwallow, being the firſt brode of the dãme. Theſe or one of them, hanged about the necke of the child, ſaueth and preſeruith it from the ſaid ſickenes. Now wil I deſcribe ſome good and holſome medicines to be taken inward for theſame diſeaſe.

If the child be not very young, the mawe of a leueret, dronke with water and hony cureth theſame.

A medicine for the falling ſickeneſſe.

Take the roote of piony, and make it into pouder, and geue it to the child to lick in a litle pappe and ſuger.

They that are of age, may eate of it a good quãtity at once and likewiſe of the blacke ſeedes of theſame piony.

Item the purple violettes that creapeth on the grounde in gardeins with a longe ſtalke, and is called in engliſhe hearteſeaſe dronken in water, or in water and honye, helpeth this diſeaſe in a young childe.

Moreouer the muſcle of the oke raſed and geuẽ in milke, or in water and honie, is good.

Alſo ye may ſtill a water, of the floures of lind,

lind, it is a tree called in lati tilia, thesame wherof they make ropes and halters of the barke, take thesame floures and distill a water, and let the pacient drinke of it now and than a sponefull, it is a good remedy.

Item the roote of the sea thistle called Eryngium in latin, eaten in broth or dronken, is exceading good.

Some write that cicorye is a singuler remedy for thesame disease. It is ment by wilde cicorie, growing in the cornes.

The floures of rosemary, made in a cõserua hath the same effect in curinge this disease.

I could declare many other remedies cõmended of authours, but at this time these shalbe sufficient.

Nowe I will entreate somewhat of the palsey.

7

Of the palsey or shaking of membres.

The cure of the palsey in a childe, is not like to that whiche is in elder age, for the sinues of a child be verye neshe and tender, and therfore they ought to haue a muche weaker medicine, euermore regarding the power of the sickenes,

and

and the vertue or debilitie of the grieued patient.

For sometimes the childe can not lifte neither legges nor armes, which if it happen during the suckings, than muste the nource vse a diet enclining to hote & drie, & to eate spices, as galingale, cinamone, ginger, macis, nutmigges and suche other, w̄ roosted and fried meates, but abstaine frō milke & almaner fish. And it shall be good for her, to eate, a lectuarie made after this sorte: Take mintes, cinamon, cūmine, rose leaues dried, mastike, fenugreke, valerian, ameos doronisi, zedoary, cloues, saūders, and lignū aloes, of euerye one a drāme, muske half one dramme, make an electuary with clarified hony, and let her eate of it, and geue the childe as muche as halfe a nut euery daie to swallow.

A plaister.

Take an ounce of ware, and a dramme of cuphorbium, at the potecaries, and temper it with oile olive on the fier, and make a sercecloth, to comforte ȳ backe bone, and the sinewes.

A goodly lauatory for the same purpose.

Take

of childzen.

Take lie of aſhes, and ſeeth therin baye buries, and almuch piony ſedes, in a cloſe veſſel to the thirde part, and waſh the child often with the ſame.

Item a bathe of ſauery, maiozim, time, ſage, nepte, ſmallage, and mintes, oz ſome of them is very good and holſome.

Alſo to rubbe the backe of the childe and the lummes, with oiles of roſes and ſpike, myxte together warme, and in ſtede of it ye may take oyle of baies.

Of the crampe oz ſpaſmus. 9.

THis diſeaſe is often ſene amonge childzen and commeth very lightly, as of debilitie of the nerues and cozdes, oz els of groſſe humours, that ſuffocate the ſame: the cure of the which is declared of authozs to be done by friccions & ointmentes that comfozt the ſinowes and diſſolue the matter, as oyle of floozedeluice, with a litle aniſe, ſaffron and the rotes of piony.

Itē oile of camomil, fenugrecke. and melilote, oz the herbes ſodden, betony, wormewood, verueine, time, are exceding good to waſhe the childe in.

Item the plaiſter of cuphozbium,

written

wzitten in the cure of palsey.

Of the stifnes or starcknes of lymmes. 9.

Sometimes it happeneth that the lymmes are starke, and cā not well com together without the greater peine, which thing procedeth many times of colde, as whan a childe is founde in the frost, or in the strete, cast awaye by a wycked mother, or by some other chaunce, although I am not ignorant that it maye procede of many other causes, as it is said of Rasis, and of Arnolde de villa noua, in his boke of the cure of infantes.

And here is to be noted, a wonderfull secrete of nature, many times approued, wzitten of Auicenne in his firste Canon, and of Celius Antiquarū electionū, libro. xiii. capit. xxvii. that whā a member is vterly benummed and taken through cold, so that the patient can not feele his lymmes, nor moue them according to nature, by reason of the vehemēt of congelaciō of the blood, in such case ỹ chiefest help or remedy is not to set thē to the fier to receiue heat, for by that meanes, lightly woe se that euery one swowneth and many dye outeright,

right, but to sette the feete, legges, and armes, in a paile of clere colde water, which immediatly shall dissolue the congelacion, and restoze the blond to the fozmer passage and fredome, after that ye may lay the pacient in a bedde to sweate, and geue hym hote dzinke and caudels oz a coleis of a capon hote, with a litle cinamome and saffron, to confozt the hart. An argument of this cure ye may se thus.

When an apple oz a peare is frosen in the winter, sette it to the fier, and it is destroyed: but if ye put it into colde water, it shall as well endure as it did afoze, wherby it doth appere, that the water resolueth cold, better with his moisture, than the fier can do by reason of his heate: foz the water relenteth and the fier dzaweth and dzieth, as affirmeth Galene in his booke of elementes.

Hitherto haue I declined by occasion, but I trust not in vaine to the reader, now to my purpose.

When a young childe is so taken with a colde, I esteme it best for to bath the body in luke warme water, wherein hath bene sodde maiozam and time, isope, sage, nun-

tes,

tes, and suche other good and comfortable herbes, then to relieue it with meates of good nourishment, accordinge to the age and necessitie, and if neede be, when ye se the limmes yet to be starke, make an ointment after this fourme.

An ointment for stiffe and stoned limmes.

¶ Take a good handefull of nettels, and stampe them, then seth them in oile to the third part in a double vessell, kepe that ointment in a drie place, for it wil last a greate while and is a singuler remedy for ỳ stifnes that cõmeth of cold, and whoso anointeth his handes and fete with it in ỳ morning, shal not be grieued with colde all the daye after.

The sedes of nettels gathered in haruest and kept for thesame entente, is exceedinge good sodden in oile, or fried with swines greece, whiche thinge also is verye good to heale the kybes of heeles, called in latin Perniones. The vrine of a goate with the donge stamped and laied to the place, resolueth the stifnes of limmes.

When the cause commeth not by extreme colde, but of some other affection of the si-

nowes

neiues & cordes, it is best to make a bath or a fomentacion of herbes that resolue & comfort the sinowes, with relaxacion of ỹ grosse humors, and to open the pores, as by example thus.

Take malowes, holyhocke and dil, of eche a handfull or two, sieth them in the water of netes fete, or in broth of flesshe without salt, with a handful of branne and cummine, in the whiche ye shal bath the childe, as warme as he may suffer, and yf ye se necessitie, make a plaister with the same herbes, and laye it to the griefe with a litle golegrece, or duckes grece, or if it may be gotte, oile of camomil, of lilies, and of dill. Cloutes wette in the said decoction, & laide about the members helpeth.

Of bloud shotten eies, and other infirmities. 10

Somtime the eyes are bloudshotten, & other whiles encreasing a filthi and white humour, couering the sight, the cause is often of to muche crying, for the whiche it is good to drop in the eyes a litle of the iuice of nightshade, otherwise called morell, and to annointe the foreheade with the same, and if the eye swell, to wette a

cloute in the iuice, and the white of egges, and lay it to the grieke.

If the humour be clammishe & tough, and cleueth to the cozners of the eyes, so that the child can not open them after his slepe, it shalbe remoued with the iuice of houseleke, dzopped on the eye with a fether.

When the eye is bloudeshotten and redde, it is a singuler remedy to put in it the blond of a young pigion, oz a doue, oz a partriche, either hoate from the birde, oz els dried and made in pouder, as subtil as may be possible.

A plaister foz swelling and paine of the eyes.

Take quinces and crummes of white bzead and seeth them in water till they be softe, then stampe them, and with a litle saffzō and the yolkes of two egges, make a plaister to the childes eies and fozhead. Ye maye let him also receiue the fume of that decoction. If is also good in the meigrim: if ye wil haue further, loke in the regiment of lif, in the declaracion of paines of the head. ll.

Of watring eies.

yf

If the childes eyes water ouermuch wythout crying, by reason of a distillacyon comming from the head Manardus teacheth a goodly playster, to restrayne the reumes, and is made thus.

Hartes horne brent in pouder, and washed twise, guaiacum, otherwise called lignum sanctum, corticū thuris, antimonie, of ech one part, muske the .iii. parte, of one part, make a fyne pouder and vse it wyth the iuyce or water of fenel. These thinges haue vertue to staunch the running of the eyes. The shelles of snayles brent, ẏ ticke that is founde in the dugges of kyne, philypendula, frankensence, and the white of an egge layed vpon the forehead, fleworte or the water wherin it steped, tutie, ẏ water of buddes of oke stilled, beane floure finely sifted, and with the gumme of a cheritre steped in vineger, and layed ouer all the temples. 12.

Of scabbines and ytche.

Sometyme by reason of excesse of heate, or sharpenesse in the mylke, through the nourses eating of salt and eygre meates, it happeneth ẏ a chylde is sene ful of yche by rubbyng, fretynge,

and chafyng of it selfe, encreasyng a scab called of the Grekes Psora: whych thyng also chaunceth vnto many after they bee weaned, procedyng of salt and adust e humoures, the cure wherof differeth in none other, but accordyng to the differrence of age, for in a suckyng babe the medycynes maye not be so sharpe, as it may be suffred in one that is already weaned. Agaynste such vnkynde ytch, ye may make an ointment thus.

Take water of betony, two good handfuls, daysy leaues, and alehofe other wyse called tudnour or grounde yuye, of eche one handful, the red docke rotes, two or three, stampe them altogether, and grinde them wel, then myngle them wyth fresh grease and agayne stampe them.

Let them so stande .viii. dayes to putryfye tyll it be hoare, then fry them out and strayne them and keepe it for the same entente.

Thys oyntmente hath a greate effecte both in younge and olde, and that without repercussyon or driuing backe of the matter, which should be a perylous thyng for a younge chylde.

The

The herbe water betonye alone, is a great medecyne to quenche all vnkynde heates wythout daunger, or the sethynge of it in cleare wel water, to annoynte the members. It is a commen herbe and groweth by ryuiers sydes, and smal rennynge waters, and wette places, arysyng manye tymes the heyght of a man out of ỹ groũd where he reioyseth, wyth a stalke foure square, and many braunches on euery side and also it beareth a whitish blewe floure very smal, & in haruest it hath innumerable sedes, blacke, and as fyne as the seede of tutsone or lesse, ỹ leaues bigge and long accordyng to the ground, full of iuice, iagged on the sydes lyke a saw, euen as other betony, to whom it approcheth in fygure, and obteyneth hys name of water betony The sauoure of the leafe is somwhat heauye, mosse lyke to the sauoure of elders or walwort, but when it is bruised it is more pleasaunt, which thig inducceth me to vary frõ the minds of them ỹ thinke this herbe to be Galtopsis in Dioscorides, written of him ỹ it should stynke whẽ it is stãped, but the more this herbe is stãped, ỹ more swete and herbelyke it sauoreth: therfore it can-

not be galeopsis, and besides that, it is neuer founde in dry and stony grounde as ỹ Galiopsis is. Nether is this herbe mencioned of the new or old authours: as far as I can se, but of only Vigo, the famous surgion of our tyme in Italy, whych writeth on it, that thys herbe exceadeth all other in a malo mortuo (so calleth he a kynde of lepry elephantike. or an vniuersal and filthy scab of al the body:) and in lyke maner he sayeth, it is good for to cure a canker in the breastes. Ye may reade these thynges in his. ii. boke, Capitul. iiii. and his fifte booke of the French pockes, in the third chapter wher he doth describe thys aforesaid herbe wyth so manyfest tokens, that no mã wyll doubt it to be water betony, conferrynge the boke & the herbe duly together. Moreouer he nameth in Italy a brydge where it groweth in the water in great aboundãce and is called of that nacyõ Alabeueratore which in dede the Italians that come hyther and know both the place and ỹ herbe doe affirme plainly, it is our water betony And wheras he alleageth Dioscorides inclimeno, which by contemplacyon of bothe hath but small affinitie or none with thys herbe

herbe, it was for nothyng els but lacke of the tōges, which faute is not to be so highly rebuked in a mā of hys studye, applying hymselfe more in the practyse of surgery, and to handy operacyon, wherein in dede he was nere incomparable, then he dyd to search the varyaunce of tonges, and rather regarded to declare the operacyon of thynges wyth trueth, then to dispute vpon the properties or names wyth eloquence, Thus haue I declined again frō my matter, partly to shewe the discripcion of this holsome herbe, partly to satisfie ỹ myndes of the surgyons in Vigo, whych haue hytherto red the said places in vayn, and furthermore because ther is yet none that declareth manyfestly the same herbe.

An other remedy for scabbes and iche.

Take the rotes of dockes, and fry them in fresh grease, then put to a quantitie of bristone in pouder, and vse to rub the places twyse or thryse a day Brimstone poudred and supped in a rere egge healeth ỹ scabs, whych thyng is also very good to destroye wormes.

A goodly swete lope for scabs and ytche.

Take whyte sope halfe a pounde, and scrape it in suffycyent rosewater, tyll it bee wel soked, then take two dr̃ames of mercury sublymed, dissolue it in a lytle rose water, laboure the sope and the rosewater wel together, and afterward put it in a litle muske or ciuette, and kepe it. This sope is exceadyng good to cure a greate scabbe or ytche, and that wythout peryll, but in a chylde it shall suffyse to make it weaker of the mercury.

An other approued medicine for scabbynes and ytche.

Take fumitorye, docke rotes, scabious and the rote of walwort, stampe them all and set them in freshe grease to putryfye, then fry them and strayne them, in which licoure ye shal put turpentyne a litle quãtytye, brymstone and frankensence berye fynely poudred and syfted a porcyon, and wyth suffycyent ware make an oyntment on a soft fyer: thys is a synguler remedye for the same purpose. But in thys cure ye ought to geue the chylde no egges, nor any egre or sharpe meate, and the nurce also must auoyde the same, and not to wrap

it into hotte, and if nede be, to make a bath of fumitory, centaury, fetherfewe, tansye, wormwood, and sauge, alone, if ye see the cause of the ytch or the scab to be wormes in the skyn for a bytter decoctyon shall destroye them, and dry vp the moystures of the sores. 13.

Of dysease in the eares.

Many dyseases happen in the eares as payne, apostumes, swellynges tinkinge and sounde in the head, stopping of the organs of hearyng: water wormes, and other infortunes gotten into the eares; wherof some of them are daungerous and hard to be cured, some other expelled of nature wythout medecyne.

Remedy for payne in the eares.

For payne in the eares wout a manyfest cause, as oftē chaūseth, it is a singuler remedy to take the chest wormes, that are foūd vnder barkes of trees, or in other stūpes in ẏ groūde, & wil turne round lyke a pease, take of thē a good quātitie, & seethe thē in oile, in ẏ rind of a pomegranade on ẏ hote imbers, ẏ it bren not, and after that strayne it & put into the eares a droppe or two luke warme, and then lette hym lye

vpon the other eare, and reste: ye may geue thys to al ages, but in a chyld ye muste put a very litle quantitie.

An other,

The hame or skin of an adder or a snake, that she casteth, boiled in oile, and dropped into the eares, caseth the payn, and it is also good for an eare that matereth mixed with a litle hony, and put in luke warme. It is also good to droppe into the eares the iuyce of oregany and mylke.

For swellyng vnder the eares.

Painters oile, which is oile of linesede, is exceadyng good for the swellyng of the eares, & for paine in the eares of all causes. Item a plaister made of lynesede and dyll, with a litle duckes grece and hony. If ye se the apostume breake, and renne, ye maye clense it wt the iuice of smallache, ỹ whyte of an egge, barlye floure and hony, which is a common playster to mundyfye a sore. When ỹ eares haue receiued water or ani other licour, it is good to take & skape an o nio & wryng out ỹ iuice wt a litle golegrese and drop it hote into ỹ eares as it maye be suffred & lay hym downe on the contrarye syde an houre, after that cause hym to

nese

nese, if his age wyl suffer, with a litle pellitory of spain, or nesig pouder, & the encline his eare downward, ỳ the mater may issue.

For wormes in the eares.

Take mirre, aloes, & the seede of colocinthes, called coloquintida of ỳ apothecaries, a quantitie of eche, seeth thē in oyle of roses, & put a litle in ỳ eare. Mirre hathe a great vertue to remoue the stenche that is caused in the eares by any putrefaccion and the better with oyle of bitter almons, or ye may take the iuyce of wormewoode with hony and salt peter.

For wind in the eares & tinkling.

Take mirre, spikenarde, cummine, dil, and oile of camomil, & put a droppe in the eares. Thei ỳ haue not al these, may take som of thē, & apply it according to discretiō

To amend deaffenes, ye shall make an oyntment of an hares gall, and the grease or dropping of an ele, which is a souerayn thyng to recouer hearyng.

Of nesyng out of measure. 14.

When a childe neseth out of measure, that is to say with a long cōtinuance & therby the brayn & vertues animal be febled, it is good to stop it, to auoyde a further

further inconuenience.

Wherfore ye shall anoynt the heade w̄ the iuyce purcelane, sorel, and nightshade, or some of them, and make a plaister of ẏ whyte of an egge, and the iuyce, with a lytle oyle of roses, and emplaister the forehead and temples, with the milke of a woman, oyle of roses, and vineger a litle.

If it come of colde reume, ye shal make a plaister of mastike, frankensence, mirre, wine, and apply it to the former part of ẏ heade, A some of thesame receiued in slar, & laid vpon the childes head, is holesome.

Breedyng of teeth. xv.

About the seuenth moneth, somtyme more somtime lesse, after ẏ byrthe, it is natural for a childe for to breede teeth, in which time many one is sore vexed w̄ sondry diseases and paynes, as swellyng of the gummes and iawes, vnquyete crying: feuers, crampes, palsies, flures, reumes, and other infirmities, specially e, whan it is long or the teeth come foorthe, for the sooner they appeare, the better, & the more ease it is to ẏ chyld. Ther be diuers thynges that are good to procure an easy breding of teeth, amōg whō ẏ chiefest

is

is to anoynt the gummes, with ỹ brayns of an hare, myxt with asmuch capõs grease & hony, or any of these thynges alone, is exceedyng good to supply the gummes and the sinewes.

Also it is good to washe the chylde twoo or thre times in a wicke, with warme water, of the decoccion of camomil holyhock and dyll. Fresh butter with a litle barley floure or honye, with the fyne pouder of frankensence and liquorice, are commended of good authours for thesame intente. And when the payn is great, and intollerable, with apostume or inflammacion of the gummes, it is good to make an oynt-ment with oyle of roses with the iuyce of morel, otherwyse called nightshade, and in lacke of it, annoynte the iawes wythin, with a litle fresh butter and hony.

For lacke of the hares brayne, ye maye take the conyes, for they bee also of the kyndes of hares, and called of Plinie Dasypodes, whose mawes are of the same effect in medicyne, or rather more than is written of authours, of the mawes of hares.

If ye see the gummes of the chylde to apostume

apostume, or swel wͤ soft fleshe, ful of matter & painful, ẏ best shalbe to annoynt the sore place wͤ the brain of an hare, & capons greace, equally mixt together, & after that ye haue vsed this, once or twise, anoynte ẏ gummes & apostumacions with honye.

Thirdly if this help not, take turpētine mixt with a litle hony in equal porciō. And make a bath for the head of the chylde, in this fourme folowyng.

Take the floures of camomill and dyll, of eche an handful, seeth them in a quarte of pure renning water, vntil they be tēder & wash the head afore anye meate, euerye mornyng, for it purgeth the superfluity of the braines, through the seames of ẏ skul, and withdraweth humours from the sore place, finally comforteth the brayne & all the vertues animal of the childe.

To cause an easy bredyng of teeth, manye thinges are rehersed of autoures, besides the premisses, as the firste cast toths of a colt, set in siluer & born, or red coral in like maner, hanged about the neck, wherupon the childe should oftentymes labour his gummes, & many other like, whyche I leaue out at this time to auoid tediousnes

only

onely content to declare of this coral, that by consente of al authours, it resisteth the force of lightning, helpeth the chyldren of the fallyng euyl, and is very good to bee made in pouder, & dronken against al maner of bleding of the nose or fundamente.

Of canker in the mouthe. 16.

Many times by reason of the corruption of the milke, venemous vapours arysing from ỳ stomake, & of many other infortunes ther chaunceth to brede a canker in the mouthes of chyldren, whose signes are manifest ynough, that is to saye by stinkyng of the mouthe, pain in the place, continuall rennynge of spittle, swelling of the cheeke, & when the mouth is opened agaynst the sunne, ye maye see clerely wher the canker lyeth. It is so named of the latter sort of phisicions, by reason of creepyng and eatyng forward & backward, and spreadeth it selfe abrode, like the fete of a creuce, called in latin cancer, notwithstanding, I know ỳ the Greekes, & auncient latins, geue other names vnto this disease, as in callyng it an vlcer, otherwhyles aphthe, nome, carcinomata, & lyke, which are al in englisch knowen by the

the name of canker in the mouth, and although there be many kyndes accordyng to the matter, whereof they be engendred, and therfore require a diuersitie of curing yet for the most part, whan they be in children, the cure of them all differeth very lytle or nothyng, for the chicke intent shalbee to remoue the malignitie of the sore, and to drye vp the noysome matter & humours than to mundify & heale, as in other kinds of vlcers.

Remedyes for the canker in the mouthe of chyldren.

TAke drye red roses, & violets, of eche a like quãtitie, make thẽ in pouder, & myxe them with a litle honye, thys medicine is very good in a tender suckyng chylde, & many times healeth alone wythout any other thyng at al. But if ye se ther be great heate and burnyng in the sore, wexceding payn, ye shal make a iuice of purcelane, lettuse & nightshade, & wash ỹ sore with a fine piece of silk, or driue it in with a spout, called of ỹ surgions a spring. This by the grace of god, shal abate the brẽning, aswage the pain, & kil the venim of ỹ vlcer.

But

But yf ye see the canker yet encrease with great corrupcion and matter, ye shal make an oyntment after this maner.

Take mirre, galles, wherewyth they make ynke, or in default of them oken apples dried, frankēlence, of eche a like much of the black buries growing on ỳ bramble taken from the bush while they be greene the.iii.part of al the rest, make them all in pouder, & mire them with asmuch honye & saffron, as is sufficient, and vse it.

A stronger medicine for the canker in the mouth of childzen.

Take the roote of celidonie dryed, the rynde of a pomegranade, red coral in pouder, and the pouder of a hartes horne, of eche a lyke, roche alume a litle. First wash the place with wine, or warme water, and hony, and afterwarde put on the forelayd pouder, very fyne and subtyle.

An other singuler medicine for the canker in the mouth of al ages.

Hysope, sage, rue, of ech one good hādfull, seeth them in wine and water to the third part, then strain them out, and putte in it a little whyte coperose, accordynge to necessytye: that is to saye, when the sore

sore is great, put in the more, whan it is smal, ye may take ẏ lesse, than adde to it a quantitie of hony clarifyed, & a sponeful or two of good aqua vite, washe ẏ place with it, for it is a singuler remedy, to remoue ẏ malice in a short while, which done, ye shal make a water incarnatiue & healing thus.

R. rybworte, bitonye, & daisies, of ethe a handful, seeth thē in wine & water, & wash his mouth two or thre times a daye wyth thesame iuice. Moreouer some wryte that christal made in fine pouder, hath a singuler vertue to destroy the canker, & in lyke maner the pouder of an hartes horne brēt with a [illegible]uch of the rind of a pomgranade and the iuyce of nightshade, is verye good and holesome.

17

Of quinsy and swelling of the throte.

The quinsy is a daungerous sicknes both in yonge & olde, called in latin sangina, it is in an inflammaciō of the neck, with swelling & great payn, somtyme it lyeth in the very throte, vppon the wesaunt pype, and than it is exceading perilous, for it stoppeth the breath, & strangleth the pacient anone. Otherwhyles it breaketh out like a bonche on the one syde of

the necke, and than also with very greate difficultie of breathyng, but it choketh not so sone as the first doeth, and it is more obedyent to receiue curacion.

The sygnes are apparaũt to sight, and besydes that the child cãnot cry, nether swalow down hys meate and drinke without payne.

Remedy.

It is good to annointe the grieue with oile of dil, or oyle of camomyll, and lyppes, and to lay vpon the head, hote cloutes dipt in ỹ waters of rosemary, lauender, and lauery The chiefest remedy commended of authoures in thys outragyous sickenes, is ỹ pouder of a swallowe burnt with fethers and al, and myxt with honye, whereof the pacyent must swallow down a pyle, and ỹ rest annointed vpon the payn. They praise also the pouder of the chyldes dunge to the chylde, and of a man to a man, burnt in a pot, and annoynted with a lytle honye. Doe make a compounded oyntment of both, the receyte is thus. ℞. of the swallow burnte one porcyon, of the second pouder another make it in a thicke fourme with honye, and it wyl endure longe for the same entente.

T.i. Item.

Item an other experiment for the quinsy and swellyng vnder the eares. Take the musherom ỳ groweth vpon an elder tree, called in englyshe. Jewes eares for it is in dede croncled and flat, much like an eare) heate it agaynst the fier and put it hote in any drynke, the same drynke is good and holsome for the quinsye. Some hold opinyon, ỳ whoso vseth to drynke w̄ it, shall neuer be troubled w̄ thys dysease, and therefore cary it about wyth them in iourneies

Of the coughe. xx.

The cough in children for the most part, procedeth eyther of a cold, or by reasō of reumes, descēding frō ỳ head into ỳ pipes of the longes or the breast: and ỳ is most cōmonly by ouermuch aboundaūce of mylke corrupting ỳ stomake & brayn; therfore in that case, it is good to fede ỳ child w̄ a more slender dyet and to anoynt ỳ head ouer w̄ hony, & now and then to prese hys tonge wyth youre fynger, holdyng down his head ỳ the reumes may issue, for by ỳ meanes ỳ cause of the cough shal ronne out of hys mouth, and auoyde the chylde of many noughtye and slimy humoures: whyche done, manye ty-

mes

mes the paciente amendeth without any further helpe of medicine.

For the cough in a childe.

Take gumme arabike, gumme dragagãt quince sedes, liquirice and penidies, at ỹ apothecaries, breake them altogether, and geue the child to sup a litle at once, with a draught of milke newe warme, as it commeth from the cowe. Also stampe blanched almons, and wryng them out w̃ the iuyce of fenell, or water of fenell, and geue it to the chylde to sede wyth a lytle suger.

Agaynst the great cough & heate in the body.

The heades of whyte poppy, and gum dragagant, of eche a lyke much, long cucumer sedes, as much as all, seeth them in whay, wyth rosons and suger; and lette the chylde drynke of it twise or thryse a day luke warme or colde.

Of straitnes of wynde.

AGaist ỹ straitnes of breathig, which is no quinsy, ỹ cõsente of authours do attribute a great effect to hinestor made in pouder, & tẽpered w̃ hony, for the child to swalow down a litle at once. Also ỹ nitylke of a mare newly receiued of

the child wyth suger, is a singuler remedy for the same purpose. Whyche thynge moreouer, is exceadyng holsom to make ẏ belly lare wythout trouble.

Of weakenes of the stomake and vomiting. Fr. 20.

Many tymes the stomake of ẏ child is so feble that it cannot retayne ether meate or drynke, in whyche case and for all debilitie therof, it is verye good to wash the stomake with warmwater of roses, wherein a lyttle muske hath been dissolued, for that by the odoure and natural heate geueth a comforte to all the spiritual members. And then it is good to rost a quynce tender, and with a litle pouder of cloues and suger to geue it to the chylde: to eate conserua quinces, wyth a litle cinamome & cloues, is synguler good for the same entent. Also ye may make a iuice of quinces and geue it to the child to drynke wyth a lytle suger.

An oyntment for the stomake.

Take gallia muscata at the pothecaries. xx grain weight, mirre a very lytle, make it vp in oyntment fourme, wyth oyle of mastike, and water of roses sufficient, this is

a very

a very good ointment for the stomake.

An other synguler receyte.

Take mastike, frankinsence, and drye red roses, as much as is sufficient, make them in pouder, and temper them vp wyth the iuyce of mintes, and a sponeful of vineger and vse it.

An other.

Take wheate floure and parche it on a pan, til it begyn to brenne and ware redde than stãpe it wyth vineger, and adde to it the yolkes of two egges harde rosted, mastyke, gumme, and frankinsence sufficiẽte make a plaister & laye it to the stomake.

To recouer an appetite losse.

Take a good handful of ranke & lusty rew and seeth it in a pynt of vineger to the. iii. part or les, & make it very strong, whereof if it be a child, ye may take a tost of brown bread, and stampe it wyth thesame vyneger, and lay it playsterwyse to ẏ stomake, and for a stronger age besydes ẏ playster, let hym sup morning and euenyng of thesame vineger. This is also good to recouer a stomake lost, by cõmyng to a fyer after a long iourneye, and hath also a singuler vertue to restore a man that swonethe.

An experimente often approued of Rasis for the vomyte of chyldren.

Rasis a solemne practicioner amonge phisicions, affirmeth ỳ he healed a greate multitude of thys dysease, onely wyth the practyse folowyng, whych he taketh to be of great effecte in al lyke cases. Fyrste he maketh as it wer an electuary of apothecary stuffe, that is to saye, lignum aloes, mastike, of euery one halfe a dram, galles half a scruple, make a lectuary w̄ sirupe of roses, & galia muscata & suger. Of this he gaue ỳ chyldren to eate a very litle at once and often. Afterwarde he made a playster thus. R. mastike, aloes, floes, galles, frankensence, & brent bread, of ech a lyke porcyon, make a plaister with oile and sirupe of roses to be laid to ỳ childes stomakehote

An other oyntment for the stomake, described of Wilhel. Placentino.

Take oyle of mastyke or of woormwod ii. ounces, ware iii. ounces, cloues, macys, and cynamome, of eche three drammes, make an oyntment addyng in the ende a lytle vyneger.

The

The yolke of an egge hard rosted, mastike, frankinsence and gumme, made in a plaister with oyle of quinces, is exceadyng good for the same purpose.

Of yearing or hicket. 21

IT chaunceth oftentimes that a child yeareth out of measure: wherfore it is expedint to make the stomake eygre afore it be fed, and not to replenysh it with to much at once, for this disease commonly procedeth of fulnes, for if it come of emptynes, or of sharpe humores in the mouth of the stomake, whyche is seldome sene: the cure is then very difficil and dangerous.

Remedy.

When it cõmeth of fulnes that a childe yeareth incessauntli without measure and that by a long custome, it is good to make hym vomyt with a fether or by some other lyght meanes, that the matter which causeth the yearyng, may issue & vncõber the stomake, ỹ done, bryng it a slepe, and vse to annoynte ỹ stomake wyth oyles of castor, spyke camomyll, and dyll, or two or thres of them ioyned together warme.

Of colyke and rumblynge in the gutes. 22.

PEyne in the belly is a common diseale of children, it commeth eyther of wormes, or of takyng colde, or of euyl mylke, the sygnes therof are to well knowen, for the chyld cannot rest, but crieth and fretteth it selfe, and many tymes cannot make their vryne, bi reason of wind that oppresseth the necke of the bladder, & is knowen also by the member in amanne chylde, which in thys case is alway styffe, and pricking, moreouer the noyse and rübling in the guttes, hyther and thither, declareth the childe to be greued, wyth wind in the belly, and colyke.

Cure.

The nurce must auoide al maner of meates ỳ engender wynde, as beanes peason, butter, hard egges, & such. Thã washe the chyldes belly wỉ hote water, wherein hath been sodden cummune, dil & fenel, after ỳ make a playster of oyle and ware, & clappe it hote vpon a cloth vnto the belly.

An other good playster for the same entente.

Take good stale ale and freshe butter, seethe them wyth an handefull of cummyne poudred, and after putte it all together

gether into a swines bladder, & bynde the mouth fast, that the licoure yssue not oute, then wynde it in a clothe, and turne it vp and down vpon the belly as hote as ỳ pacient may suffer, this is good for the colike after a sodayne colde, in all ages, but in chyldren ye must beware ye applye it not to hote.

Of flux of the belly. 23.

MAny tymes it happeneth, eyther by takyng colde, or by reason of great payn in breeding of teeth, or els through salte and eyger fleume or choler engendred in the body, that the chylde falleth in a sodayne lax, whiche yf it longe continue and be not holpen, it may bring the pacient to extreme leanesse and cõsumpcion: wherefore it shalbe good to seke som holesome remedy, and to stoppe the runnyng of the flux thus.

Remedy for the flux in a chylde.

First make a bath of herbes that do restrayn, as of plaintain, sainct Johns wede, called Ipericon, knotgrasse, bursa pastoris & other such or som of thẽ, & vse to bath him in it, as hote as he may wel suffer, thẽ wrap hym in with clothes, and lay hym downe to slepe. And

And if ye se by this twise or thrise vsing that the belly be not stopped: Ye may take an egges yolke hard rosted and grynde it with a litle saffrō, mirrhe and wyne, make a plaister, & apply to ỹ nauil hote. If thys succede not, then it shalbe necessary for to make a pouder to geue him in his meate, with a litle suger, & in a smal quātity thus Take the pouder of hartes horne brēt the pouder of goates clawes, or of swynes clawes brēt, the pouder of the sedes of roses which remain in the bery when ỹ rose is fallen, of euery one a porcion, make thē bery fine, and with good red wyne or almon milke, and wheate floure, make it as it were a paste, and drye it in lytle balles til ye se necessitie, it is a singuler remedy in all suche cases.

Item the milke wherein hath ben sodden white paper, and afterward quenched many hote yrons or gaddes of steele, is exceding good for thesame intent to drynke.

And here is to be noted, that a naturall floure is neuer to bee feared afore the seuenth daye, and except there issue blonde, it ought not to be stopped afore the sayde time.

Pouder

Pouder of the herbe called knotgrasse, or the iuice therof in a posset dronken, or a plaister of the same herbe, and of bursa pastoris, bole armony, and the iuice of plantain with a litle vineger, and wheat floure is exceedyng good for the same cause.

Also the tyndle mawe of a younge sucking kydde geuen to the childe, the weight of.x. graynes, with the yolk of an egge soft rosted, and let the pacient abstayne from milke by the space of two houres before & after, in stede whereof ye maye geue a rosted quince or a wardon with a litle suger and synamome to eate.

Item another goodly receyte for the same intent.

Take sorell seede, and the kernelles of great raysins dryed, acorne cuppes, & the sede of white poppye, of eche two drammes saffron a good quantitie, make thē in pouder and temper thē with the iuice of quinces, or strupe of red roses, this is a souerain thing in al flures of the wombe.

Manye other thynges are written of authors in the saide disease, whiche I here leaue out for breuity: & also because ỹ afore rehersed medicines are sufficiēte inoughe

in a

in a case curable, yet wil I not omit a good ly practise in the said cure.

The pesil of an hart or a stagge dryed in pouder & dronken, is of great & wonderful effect in stopping a flur. Which thing also is approued in the liuer of a beast called in english an otter. The stones of him dro-ke in pouder, a litle at once. xxx. daies together, hath healed men for euer of the falling euil.

24.

Of stoppyng of the belly.

Euen as a flur is daungerous, so is stoppyng and hardnes of the bellye grieuous & noisom to the chylde, & is often cause of the cholike & other diseases.

Wherfore in this case ye must alwaye put a litle hony in the chyldes meate: and let the nurse geue him hony to sucke vpon her fynger, and if this wyl not helpe, then the nerte is to mixe a litle fine and cleare turpentine with hony, and so to resolue it in a saucer, and let the child sup of it a litle This medicine is described of Paulus Aegineta, and receyted of dyuerse other as a thynge verye holesome and agreeynge to the nature of the chylde: for it doeth not onely loose the bellye wythoute gryef

or

or daunger, but doth also pourge the liuer and the longes, with the splene and kidde-neys, generally comfortyng al the spiritu-al members of the body.

The gal of an ore or a cowe layde vpon a cloute on the naupll, causeth a chylde to be loose bellyed, likewyse an emplaister of a rosted onion, the gall of an ore, and but-ter layde vpon the belly as hote as he may suffer. If these wyll not helpe, ye shal take a lyttle cotten, and dipped in the sayd gall, put it in the sayd fundament.

Of wormes. 25.

There bee diuers kindes of wormes in the belly, as long, short, roūd, flat and some small as lyce, they bee all engendred of a crude, grosse, or phlegma-tike matter, and neuer of choler nor of melancholy, for all bitter thynges kylleth them, and all sweete meates that en-gender fleume, nourysheth and feedeth the same. The sygnes dyffer accordynge to the wormes. For in the longe and round, the pacient commonly hath a drye coughe payne in the belly about the gutters, some time yearyng and trembling in the nyght and start sodainly and fal a slepe agayne,

other

other whiles thei gnashe and grinde their teeth together, the eyes ware holowe with an eiger looke, and haue greate delyte in slombring & silence, very loth when they are awaked. The pulse is incertayn, & neuer at one stay, somtime a feuer with gret colde in the ioyntes, which endureth three or foure houres in the night or day, many haue but smal desire to meate, and when thei desire they eate very gredelye, which if thei lacke at their appetite, they forsake it a great while after, the hole body consumeth and wareth leane, the face pale or blew: somtime a flux, somtimes vomyte, & in some the belly is swollen as tyffe as a taberet. The longe and brode wormes are knowen by these sygnes, that is to saye, yelownes or whittishnes of the eyes, intollerable hunger, great gnawyng & gryppyng in the belly, specially afore meate, water comming out at the mouth, or at ỹ fundament, continuall ytche and rubbing of the nosethrilles, sonken eyes & a stynkyng breath, also when the person doth hys easement there appereth in the donge lytle flat substaunces, muche lyke the seedes of cucumers or gourdes.

The

The other lesse sorte are engendred in the great gutte, and may well be knowen by the exceadyng ytch in the fundamēt with in, and are oftentymes seene commynge out with the excrementes. They bee called of phisicions ascarides.

Remedy for wormes in children.

The herbe that is found growing vpon oysters by the seas syde, is a singuler remedy to destroy wormes, & is called therefore of the Grekes Scolitabotani, that is to say, the herbe that kylleth wormes: it must be made in ponder, and geuen with sweete milke to the chylde to drynke. The phisicions call the same herbe corallino.

A singuler recept for to kyll wormes.

Take the gall of a bull or ore, newelye killed, & stampe in it a handfull of cūmyn, make a plaister of it, and lay it ouer all the belly, remouing the same euery .vi. houres.

Item the gall of a bull with seedes of colocunthis, called coloquintida of the apothecaries, and an handful of bayberies wel made together in a plaister, wyth a sponefull of strong vineger, is of great effect in the same case.

If the childe bee of age or stronge complexion, ye may make a fewe pylles of aloes, and the pouder of wormeseede, then wynde thē in a piece of a singing loke, and anoynte them ouer with a lytle butter and let them be swalowed downe hole without chewyng. 26.

Of swelling of the nauyl.

IN a chylde lately borne, and tender, sometyme by cuttyng of the nauyl to nere, or at an inconueniente season somtyme by swadlyng or byndyng amisse or of muche crying, or coughyng, it happeneth otherwhyles, that the nauyll arysseth and swelleth with great payne apostemacion, the remedy wherof is not muche different from the cure of vlcers, sauing in this that ye ought to apply thinges of lesse attraccion, then in other kynde of vlcers, as for an example, ye may make an oyntment vnder this fourme.

Take spyke or lauender, half an ounce, make it in pouder, and with three ounces of fyne and cleare turpentyne, temper it in an oyntment, addyng a porciō of oyle of swete almons. But if it come of crying, take a litle brans floure, & the ashes of fine

linnen

lynnen cloutes brent, and temper it with red wine and hony, and lay it to the sore.

A playster for swellyng in the nauyll.

Take cowes donge, and drye it in pouder, barly floure, and beane floure, of eche a porcyon, the iuyce of knotgrasse a good quantitie, cúmine a lytie, make a plaister of al and set it to the nauyll.

An other.

Take cowes donge and seeth it in the mylke of thesame cowe, and laye it on the griefe. This is also marueylous effectuall to helpe a sodayne ache or swellyng in the legges.

Of the stone in chyldren. 27

The tender age of children as I said afore, is vexed and afflicted wt many grenous and perylous dyseases among whom there is few or none so violent or more to be feared in them, thē that whiche is most feared in al kindes of ages that is to say, the stone, an houge and a pitiful dysease, euer the more encreasyng in dayes, the more rebellynge to the cure of phisike.

Therefore is it exceadyng daungerous

whan it falleth in chyldren, for asmuche as nether the bodyes of them may be well purged of the matter antecedēt, called humor peccans, nor yet can abyde any vyolent medicine hauing power to breake it, by reason wherof the sayd disease acquyreth such a strength aboue nature, that in processe of tyme it is vtterly incurable.

Yet in the beginning it is oftentymes healed thus.

First let the nuree be wel dyeted, or the chylde, if it be of age, abstaynyng from all grosse meates, and hard of digestyon, as is beafe, bacon salt meates and cheese, thā make a pouder of the rote of peony dried, and myngle it wyth as much hony as shal be sufficiente, or if the chlde abhorre hony make it vp wyth suger, molten a lytle vpō the coales, and geue therof vnto the chylde more or lesse, accordynge to the strengthe, twyse a daye, tyll ye see the vryne passe easely, ye maye also geue it in a rere egge, for wythout doubt it is a synguler remedy in chyldren.

An oyntment for thesame.

Oyle of scorpions, if it may bee gotten, is exceading good to annoynte withal the members,

members, and the nether part of the belly right against the bladder, ye may haue it at the apothecaries.

A singuler bath for the same entent.

Take mallowes, holyhocke, lily rotes, linsede, & parietary of the wall, seeth them al in the broth of a shepes head, and therin vse to bath the child oftentymes, for it shal open the straytnes of the cõdytes, that the stone may issue, swage the payne, & bryng out the grauel with the bryne, but in more effect whan a playster is made, as shall be sayed hereafter, and layed vpõ the raynes and ỹ belly, immediatly after ỹ bathyng.

A playster for the stone.

Take parietary of ỹ wal, one portion & stãpe it, doues donge another portion, and grynde it, thã fry thẽ both in a panne, w̃ a good quantytye of freshe butter, & as hote as may be suffered, lay it to the belye and the backe, and from .iiii. houres to .viii. let it be renewed.

Thys is a souerain medicine in al maner ages. Ate an other pouder whiche is made thus.

Take the kernels of stones that are

foũde in the fruite, called openers or mes-piles, or of some medlars.

Bake them in fyne pouder, whyche is wonderful good for to breake the stone wt out daunger, both in ponge and olde.

The chelkwormes dryed and made in fyne pouder, takē wyth the broth of a chicken, or a lytle suger, helpeth them that can not make their bryne.

Of pissyng in the bedde. ℞.

MAny tymes for debilitie of vertue retentiue of the reynes or bladder as wel olde men as chyldren, are oftentymes annoyed, whan theyr bryne issueth out ether in their slepe or wakig agaynst their wils, hauing no power to reteyne it whan it commeth, therfore if they wil be holpen, first they must auoide al fat meates til the vertue retentiue be restored agayne, and to vse thys pouder in their meates & drynkes. Take the wesande of a cocke, & plucke it, than bren it in pouder, & vse of it twyse or thryse a day. The stones of an hedgehogge poudred is of the same vertue.

Itē the clawes of a goate, made in pouder dronken, or eaten in pottage.

It

If the paciente bee of age, it is good to make fyne plates of leade, w̄ holes in thē and let them lie often to the naked backe.

Of brustyng. 29.

The causes of it in a chylde are many, for it may cōe of very light occasyons, as of great cryinge, and stoppyng the breath, byndyng to strayght or by a fall, or of to greate rockynge, and such like, mai cause the filme that spredeth ouer the belly, to breake or to slake, and so the guttes fal down into the codde, which if it be not vtterly vncurable, may be healed after thys sorte.

First lay the pacyent so vpō hys backe that hys heade may be lower than hys heles, than take and reduce the bowels with your hande into the due place, afterwarde ye shal make a playster to be layed vppon the coddes, and bounde with a lace rounde about the backe, after thys fourme.

Take rosin, frankynsence, mastyke, cūmyne, lynesede, and anyse seede, of euery one a lyke, pouder of osmunde rootes, that is to saye, of the brode ferne, the fourthe parte of all, make a playster wyth sufficyent oyle olyue, and fresh swynes greace, &

ſpꝛede it on a lether, and let it continue (except a great neceſſitie) two oꝛ thꝛe wekes, after that apply an other lyke, tyll ye ſee amendement. In thys caſe it is very good to make a pouder of the heares of an hare and to temper it wꝫ ſuger oꝛ conſeruaroſes and geue it to the chylde twyſe euery day. If it be about the age of. vii. yere ye maye make a ſinguler receite in dꝛynke to bee taken euery day twyſe, thus.

A dꝛynke foꝛ one that is bꝛuſten.

Take matfelon, daylies, conſerye, and oſmundes, of euery one a lyke, ſeeth them in the water of a ſmythes foꝛge, to the. iii. parte, in a veſſell couered, on a ſoft fyer, thã ſtrayne it and geue to dꝛynke of it a good dꝛaught at once moꝛning & euenynge, addyng euermoꝛe in hys meates & dꝛynkes, the pouder of the heare of an hare, beeyng dꝛyed.

Of fallyng of the fundamente.

Many tymes it happeneth ỹ the gut called of the latines rectũ inteſtinũ, falleth out at the foundamente and cannot be gotten in again wꝫout pein and

and labour, whyche disease is a common thing in chyldren commyng oftentimes of a sodayne colde or a log lare, and may well be cured by these subscribed medicines.

If the gutte hath bene long out, and be so swollen that it cannot be reposed, or by coldnes of the aire be congeled, ỹ best cou-sel is to let the chylde syt on a hote bathe, made of the decoccion of mallowes, holy-hocke, lynsede, and the roots of lylyes, wherin ye shal bath the foundament with a soft cloute, or a sponge; and whan the place is supplyed thrust it in agayn, whych done, than make a pouder thus.

A pouder for fallyng of the foundament.

Take the pouder of an hartes horne brent, the cuppes of acornes dryed, rose leaues dried, goates clawes brēt, ỹ rind of a pōegranate, & of galles, of euerye one a porcyon. Make thē in pouder, and strow it on ỹ fundament. It shall be ỹ better yf ye put a litle an ỹ gut, afore it be reposed in ỹ place, & after it be setled, to put more of it vpō the fūdamēt, thā bind it in w̄ hote lin-ne clothes, & geue ỹ child quices or a rost warden, to eate wyth cinamome & suger.

Another good pouder for the same.

Take galles, mirre, frankinsence, mastike, and aloes, of euery one a little make thē in a pouder and strow it on the place,

A litle tarre with golegreace, is also very good in thys case.

An other good remedy.

Take the wolle from betwene the legs or of the necke of a shepe, whyche is full of sweate and fatty, than make a iuyce of vnset lekes, and dip the wolle in it, and lay it to the place as whote as may be suffered, & whan it wareth colde remoue it and apply an other hote, thys is a very good remedy for fallyng of the fundament.

If the chylde prouoke many tymes to seege, and can erpell nothyng, that disease is called of the Grekes tenesmos, for the which it shalbe very good to apply a playster made of gardyn cresses and of cūmune in lyke quantitie, fry them in butter, and lay it on the belly as hote as he may suffer.

It is also commended, to fume the nether partes with turpentyn and pytch, and to sit long vpon a bourde of ceder or iunyper, as may be possyble.

Chafyng

Chafyng of the skinne. 32.

In the flankes, armeholes, & vnder ȳ eares, it chaunceth oftentymes that the skin fretteth, eyther by ȳ childes own vrine, or for the defaute of washynge or els by wrappyng and keppyng to hote.

Therfore in the beginnyng, ye shal annoynt the places with fresh capōs grease, then if it wil not heale, make an oyntmēt, and lay it on the place

An oyntement for chafyng and gallyng.

Take ȳ roote of the floure deluice dried of red roses dryed, galingale and mastike, of eche a like quantitie, beate thē into most subtile pouder: than with oyle of roses, or of lynesede, make a soft oyntment.

Item ȳ longes of a wether dryed, and made in very fine pouder, healeth all chafynges of ȳ skinne: and in like maner the fragmentes of shomakers lether brēt, and cast vpon the place, in as fyne pouder as is possible, hath the same effect, which thig is also good for the galling or chafing of ȳ fete, of whatsoeuer cause it commeth.

Item beane floure, barly floure, and ȳ floure of fitches tempered with a litle oyle

of

of roses, maketh a souerain oyntment for the same intent.

If the chafynges be great, it is good to make a bathe of holihocke, dill, violettes, & lineseede, with a litle bran, than to washe ỹ same places oftentymes, and lay vpon the sore, some of the same thinges. The decoction of plantain, bursa pastoris, horsetayle and knotgrasse, is excedyng good to heale all chafynges of the skin.

Of small pockes and measels. 52.

This disease is cõmõ and familier called of the grekes bi the general name of eranthemata, & of Plinie papule et pitute eruptiones, notwythstandyng the consent of writers, hath obteined a distinccio of it in. ii. kindes: ỹ is to say, varioli ỹ measils, & morbili called of vs the small pockes. They be both of one nature, & procede of one cause, saving that ỹ measils are ingendred of the inflammacio of bloude, and the small pocks of the inflãmacion of blood myngled with choler.

The sygnes of them bothe are so manifest to sight, ỹ they nede no farther declaration, for at the fyrst, some haue an ytch and a fretting of the skynne as ỹ it hadde

bene

bene rubbed with nettels, pain in ẏ heade & in the back, the face red in coloure & flecked, feare in ẏ slepe, great thirst, rednes of ẏ eyes, beatyng in the tẽples shotyng and pryckyng through al the body, then anone after when thei breake out, they be seen of dyuers fashions & fourmes, sometimes as it wer a drye scab or a lepry spredyng ouer al the mẽbers, otherwhiles in pushes pimpels & whayles, rennyng with muche corrupcion & matter, & with great payn of the face & throte, drines of the tong, horcenes of voice, and in some quiuerying of ẏ heart with swownyng. The causes of these euyl affeccions, are rehearsed of authours, to be chiefly foure. First of the superfluityes which might be corrupt in ẏ wombe of the mother, ẏ chyld there beyng, & receyuing ẏ same into ẏ pores, the which at that tyme for debilitie of nature, coulde not be expelled, but the childe encreasing afterward in strength, be drinẽ out of ẏ veines into the vpper skin. Secõdarily it may cõe of a corrupt generaciõ, ẏ is to say, whã it was engẽdred in an euill seasõ, the mother beyng sick of her natural infirmity, for suche as are begotten ẏ tyme very seldom escape ẏ dyscase of lepry.

The

The third cause may be an euil dyete of ỹ nourse, or of the childe it selfe, whan they fede vpon meats ỹ encrease rottē humors, as milk & fish both at one meale, lykewyse excesse of eating and drinking, and surfet.

Fourthly this disease commeth by the way of contagion, whan a sick person infecteth an other, and in that case it hathe great affinitie with the pestilence.

Remedy.

The best & most sure helpe in thys case, is not to medle with any kind of medicins but to let nature worke her operacion, notwithstanding yf they be to slow in cōming out, it shalbe good for you to geue ỹ chylde to drink soddē milk & saffron, and so keepe hym close and warme, wherby thei may ỹ soner issue forth, but in no case to administer any thing ỹ might either represse the swelling of ỹ skin or to coole the heate ỹ is within the members. For if this disease which should be expelled bi a natural actiō of the body, to the long health afterwarde of the pacīēt, wer by force of medicine couched in again it were euen ynough to destroy ỹ child. Therfore abide ỹ ful breking out of ỹ sayde wheales, & thē (if thei be not

rype)

rype) ease ẏ childes pain by making a bath of holyhock, dyl, camomyl, & fenel, yf they be ripe & matter, then take fenell, wormewood and sage, & seeth thē in water, to the thyrd part, wherin ye may bath hym with a fine cloth or a sponge. Alwayes prouided ẏ he take no colde during the tyme of hys sicknes. The wine wherin figs haue bene sod, is singuler good in thesame case, and may be wel vsed in all times and causes.

If the wheales be outragious & greate, with much corosion and venym som make a decoccion of roses and plantayne, in the water of oke, and dissolue in it a litle englysh hony and camphore. The decoctiō of water betony, is approued good in ẏ sayde dyseases. Lykewyse ẏ ointment of herbes whereof I made mencion in the cure of scabs, is exceedyng holesom after the sores are rype. Moreouer it is good to droppe in the pacientes eyes, fiue or sixe times a day a litle rose or fenell water, to comforte the syght, lest it be hurt by continual rēnynge of matter. This water must be mingled in the sommer colde, and in the winter ye ought to apply it lyke warme.

The same rosewater is also good to gargle

gargle in his mouth, if the chylde bee then payned in the throte.

And leſt the conduites of the noſe ſhuld be ſtopped, it ſhalbe expedient to lette hym ſmel often to a ſponge wete in the iuice of lauery, ſtrong vyneger, & a litle roſe water

To take away the ſpots and ſcarres of the ſmal pockes and meaſils.

The bloud of a bull or of an hare is much cõmended of authors to bee anoynted hote vpõ ỳ ſcarres, & alſo ỳ licour ỳ yſſueth out of ſhepes clawes or goates clawes, het in ỳ fire. Item the dripping of a ſygnet or ſwan layde vpon the places oftentimes hote.

Feuers. 33.

IF the feuer vſe to take the chylde with a great ſhakyng, & afterward hote, whether it be cotidian or tertian, it ſhalbee ſinguler good to geue it in drinke, the blacke ſeedes of peony made in fine pouder, ſearced and mingled with a litle ſuger. Alſo take plaintain, fetherfew, & verueyn, and bath the childe in it once or twiſe a daye, binding to the pulces of the handes and fete a plaiſter of the ſame herbes ſtãped and pronoke the child to ſweate afore the fit commeth.

Some

Some geue counsell in a hote feuer, to apply a colde plaister to the breast, made in this wise. Take the iuyce of wormewood, plantayn, mallowes and houseleke, & temper in them as muche barly floure as shall be sufficiēt, and vse it. Or thus & more better in a weake pacient.

Take dyte roses and pouder them then temper the pouder with the iuice of endiue or purcelane, rose water, and barly floure and make a plaister to the stomake.

Itē an ointmēt for his temples, armes and legges, made of oyle of roses, and popileon, of eche like muche.

A good medicine for the ague in children.

Take plantain with the roote, & washe it, then seeth it in a faire runnyng water to the third part, wherof ye shall geue it a draught (if it be of age to drynk) with sufficient suger, & lay the sodden herbes as hote as may be suffred, to the pulses of ỳ hands and fete. This must be done a litle afore ỳ fit, and afterward couer it with clothes.

The oile of nettels, wherof I spake in ỳ title of stiffnes of limmes, is exceding good to annoynt the mēbers in a colde shaking ague.

Of

Of swelling of the coddes.

TO remoue the swelling of the coddes proceding of ventositie, or of anye other cause (except bruskyng) whether it be wᵗ inflammacion or without, here shal be rehersed many good remedies, of which ye may vse, accordyng to ẏ quality & quantitis of the grief: alway prouided, ẏ in thys disease, ye may in no cas apply ani repercussiues, ẏ is to saye, set no colde herbes to dryue ẏ matter back, for it would than returne again into the bodye, & the congelacion of such a sinowye mẽber, would peradueture mortify the hole. And aboue al, ye may set no plaister to the stones, wherin humlock entreth, for it wyl depriue thẽ for euer of their growyng, & not onely thẽ but the breستes of wenches, whan they bee anoynted therwith, by a certayn qualitye, or rather an euyll propertye beyng in it.

A goodly playster for swelyng of the stones.

Take a quart of good ale wort and sette it on the fire to seeth, with ẏ crummes of brown bread strongly leuened, & a handefull of cummin or more in pouder, make a plaister with all this and suffycient beane

floure

floure, and apply it to the grief, as hote as may be suffred.

An other.

Take cowes donge, and seth it in milk than make a playster and laye it metelye hote vpon the swellyng.

An other.

Take cummyne, anysede, and fenugreke, of ech a lyke porcyon, seeth them in ale and stampe them, then temper them wyth freshe may butter, or a lytle oyle of lyue, and apply it to the sore.

An other.

Take camomyle, holyhocke, lynesede, & fenugreke, seeth them in water, and gride altogether, then make a playster wyth a handefull of beans floure, and vse it.

An other in the begynnyng of the gryefe.

If there bee maruell inflammacyon or heate in the eddes, ye may make an ointment of plantayne, the white, and yolke of an egge, & a porcyon of oyle of roses, marre the well about, and apply it to the greefe twyse or thryse a day. When the payne is intollerable, and the chylde of age, or of strong complexib, if the premisses will not

X.i. helpe,

helpe, ye shall make a playster after thys sorte.

Take henbane leaues, an handeful and an half, mallow leaues, an handful, seethe thē wel in cleare water, thē stampe them and stirre thē, and wt a litle of the brothe, beane floure, barly floure, oyle of roses & camomil sufficient, make it vp & set on the swellyng luke warme. Henbane Auicēne sayeth, is exceadynge good to resolue the hardnes of ỳ stones by a secrete qualytye. Notwithstādyng, if it come of wind, it shal be better to vse the said plasters ỳ ar made wt cūmine, for ỳ is of a singuler operacion in dissolumng wind, as affirmeth Dioscorides wrytyng of the qualities of cummine.

Of sacer ignis or chingles.

IN Greke herisipelas, and of the Latynes Sacer ignis, our englishe women cal it the fyer of Sainct Anthony, or chingles, it is an inflammacyon of members with exceadyng burnynge and redues, hard in the felyng and for ỳ moste part crepeth about the skynne or but a lytle depe wythin the flesshe.

It is a grieuous payne, and may be likned to the fyer in consumyng. Wherfore the

the remedyes ẏ are good for burnyng, are also very holsome herin this case. And first the grene ointment of herbes discribed in the chapter of ytch, is of good effect also in thys cure: more ouer the medicines that ar here discribed. Take at the apothecaryes of vnguentū Galeni an ounce & an halfe, oyle of roses .ii. oūces, vnguēti populeon one oūce, the iuyce of plantayne, & nyghtshade one oūce or more, ẏ whytes of three egges, beate thē altogether, and ye shall haue a good oynemēt for the same purpose

An other.

Take earth wormes and stampe thē in vineger, thē annoynte ẏ grieue euery two houres. Item ẏ dōge of a swan, or in lacke of it, the donge of a gose stamped wyth the whyte & yolke of an egge is good. Ite dones donge stamped in salt oyle or other, is a syngular remedy for the same purpose.

Of burnyng and scaldyng. 76.

For burning & scaldyng whether it be wt fier, water, oyle, leade, pytche, lime, or any such vnfortune: ye must beware ye set no repercussiue at ẏ first, ẏ is to say, no medicine of extreme colde, for that myghte chaunce to dryue the feruēte

heate into the sinowes, and so stoppe the pores, that it could not issue, wherof shold happen much inconuenyence in a greate burnyng (but in smal it coulde not bee so daungerous:) wherfore the best is when ye fee a member eyther brent or scalded, as is sayed afore. Take a good quantity of bryn which is made of water & salt, not to excedyng eyger or strōg, but of a meane sharpnes, and wyth a cloute or a spoug bath the member in it colde, or at the leaste bloude warme, thre or foure houres together, the longer the better: for it shal asswage much of the peine, opē the pores, cause also the fier to vapour, and geue a great comfort to the weake mēber. Then annoynte ẏ place wyth one of these medicines. Take oyle of roses one part, swete creme two partes, hony halfe a part, make an ointement and vse it. Item al the medicines descrybed in the last chapter, are of great effecte in this case, likewise the grene dyntment made of water betony.

Item a soueraine medycyne for burnig and scaldyng, and all vnkynde heates, is thus made. Take a dosen or more of harde rosted egges, and put the yolkes in a potte

on

on the fyer by them selfe, wythoute lycour styrre them and bray them wyth a strong hande, tyll there aryse as it wer a froth or spume of oyle to the mouth of the vessell, then presse the yolkes and reserue the lycoure, thys is called oyle of egges: a verye precyous thyng in the forsayed cure.

Moreouer there is an oyntmente made of shepes donge fryed in oyle or in swines greace, than put to it a lytle ware, and vse it. Also take quicke lyme and washe it in verjuice .iii. or .x. tymes, than mingle it with oyle, and kepe it for the same entent. Item the iuyce of the leaues of lylyes .v. partes, and vineger one part, hony a litle, maketh an excellent medicine, not only for this entent, but for all other kynde of hote and runnyng vlcers. Note that whatsoeuer ye vse in this rase, it must be laied vnto bloud warme. Also for anoydyng of a scarre kepe the sore alwaye moyste wyth medycyne.

Of kybes. 57.

The kybes of the heeles, are called in latyne pernsiones, they procede of colde, and are healed wt the subscrybed remedyes. A rape roote rosted wyth a litle fresh butter, is good for the same griefe

Item a dosen fygges, sodden and stamped w̄ a litle gosegrese, is good. Earthe wormes sodden in oyle, hath the same efecte.

Item the skin of a mouse clapped al hote vpon the kybe: wyth the heare outwarde, & it should not bee remoued durynge three dayes.

A plaister for a kybed hele.

Take new butter, oile of roses, hennes greace, of ech an oūce, put ẏ butter and ẏ greace in a bigge rape rote, or in lacke of it in a great apple, or oniō, & whā it is rosted soft, bray it with the oile, and lai it plaister wyse vpon the kybe.

An other.

Take ẏ meate of apples & rapes rosted on ẏ coles, of ech. iii. oūces, fresh butter. ii. oūces, duckes grease or swānes greace, an ouce, stampe thē al in a morter of lead if it may be had, or els grinde them on a fayre marble and vse it. 38.

Of consumpcyon or leanes.

Whan a childe consumeth or wareth leane w̄out any cause apparāt, ther is a bath cōmended of authoures, to wash ẏ child many tymes, & is made thus.

Take

Take ẏ head & fete of a wether, seth thē till ẏ bones fal a sūder, vse to bath ẏ childe in this licour, & after annnoyt hym wͭ thys oyntment folowyng. Take butter wͭoute salt, oyle of roses and of vyolets, of ech an oūce, the fat of raw porke, halfe an ounce, ware a quartern of an oūce make an ointmēt, wherwͭ the child must be rubbed euery day twise, thys wͭ good fedyng shal encrease his strength by the grace of God.

Of gogle eyes. 40.

Thys impedymēt is neuer healed but in a very yong child, euē at the beginning wherunto there is appoynted no manner kynd of medicine, but ōly an order of kepyng, that is to saye, to lay the chylde so in hys cradelle, that he may behold directe agaynst ẏ lyght, & not to turne hys eyes on ether of both sides. If yet he begi to gogle, than set ẏ cradell after such a fourme, that the light may be on ẏ contrary syde: ẏ is, on ẏ same syde frō whence he turneth hys eyes, so ẏ for desyer of lyght he may direct thē to thesame part, & so by custome bring thē to ẏ due fashiō, & in ẏ night, ther ought tobee a candell set in likewise to cause him to beeholde vppon it, and remoue hys

eyes from the euil custom. Also grene clothes, yelow, or purple, ar very good in this case to be set, as is saidafore. Furthermore a coyfe or a byggen standynge out besides hys eyes, to constrayne the syghte to beeholde dyrecte forwarde.

Of lyce. 41.

SOmetyme not onely chyldreu but also other ages, ar annoied wͤ lyce they procede of a corrupt humoure and are engendred wͤ in the skinne, crepig out a lyue through the pores, which if they begin to swarme in exceadyng number, ẏ dysease is called of the grekes Phthiriasis wherof Herode dyed, as is wrytten in the actes of Apostles: and amonge the Romaynes Scilla, whyche was a great tirāt and many other haue been eaten of lyce to death, whych thyng, whan it hapneth of ẏ plage of god, it is past remedy, but if it procedeth of a natural cause, ye may wel cure it by the meanes folowyng. Fyrst lette the pacyent abstayne from all kynde of corrupte meates, or ẏ brede sleume, & among other, fygges & dates, must in thys case be vtterly abhorred. Thā make a lauatory to wash & scoure the body twise a daye, thus.

Take

Take water of the sea, or els brine, & strōg lye of ashes, of eche a like porcion, wormewood a handful, seeth them a whyle, and after washe the body with the same licour.

A goodly medicine for to kil lyce.

Take the grounde or dregges of oyle, aloes, wormewood, and the gal of a bul, or of an ore, make an oyntment which is singuler good for the same purpose.

An other.

Take mustarde, and dissolue it in vyneger, with a lytle salt peter, and annoynt the places, where as the lice are wonte to brede.

Item an herbe at the apothecaries called staue sacre, brimstone, and vineger, is exceding good.

It is good to geue the pacient often in his drinke, pouder of an harts horne bret.

Staue sacre with oyle is a maruelouse holesome thing in this case.

An expert medicine to dryue awaye lice.

Take the grounde or dregges of oyle, or in lacke of it, fresh swines grease, a sufficient quantitie, wherein ye shal chase an ounce of quicksiluer tyll it be al sonken into

into the greaſe, than take pouder of ſtaue ſacre ſerſed, and mingle altogether, make a girdle of a wollen liſt mete for the midle of the pacient, and all to annoynte it ouer with the ſayd medicine, than let him weare it continually next his ſkin, for it is a ſinguler remedy to chaſe away the vermyne. The onely odour of quickſiluer killeth lice

These ſhalbe ſufficient to declare at this tyme in this litle treatyſe of ỹ cure of children, which if I may know to bee thankefully receiued, I wil by gods grace ſupply more hereafter: neyther deſyre I any longer to lyue, then I wyll employ my ſtudies to the honoure of GOD, and profite of the weale publyke.

Thus endeth the Boke of children, compoſed by Thomas Phayer, ſtudious in philoſophie and Phiſycke.

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For

For webbes in the eyes.
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Finis.

The contentes of the treatise of the pestilence.

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In the second part.

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monly to be let bloud in the body of man.

Finis.

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